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Gold River Messenger

VOLUME 12 • ISSUE 5

Serving Gold River and Sacramento County

MAY 2024

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LET'S RIDE**



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Eaglet Rescue Took a Village



The eagle lands. After the perilous eaglet rescue, climber heroes Kiover Lamus and Gabriel Cuevas (in helmets) are greeted by firefighters, Fish and Wildlife Department officers and volunteers. Animal rescue specialist Ben Nuckolls holds the caged eaglet. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - After a perilous rescue on May 27, a bald eaglet was last week transported by the California Fish and wildlife Department to the Lake Tahoe Wildlife Care facility. It is being fostered there by a resident bald eagle.

While hopes were initially high that the baby could be returned to his family's nest on the American River, federal agencies deemed re-nesting would be too dangerous and bore no certainty of success.

"This transfer was the best solution under the circumstances," said Bird of Prey Health Group veterinarian Dr. Vickie Joseph. "The eaglet has a chance to go back to the wild. I'm grateful so many people worked together to ensure his safety. At Tahoe, he'll be in the eyes of another



The youngest of three 2024 babies, eaglet Diecinueve was the 19th offspring hatched to a bald eagle pair on the American River. This photograph shows him being fed the night before his fall from the eyrie. Photo by Susan Maxwell Skinner

bald eagle and won't get imprinted on humans. He'll do fine."

Hatched in April, the eaglet was

the 19th offspring of the eagle couple that has occupied an American River nest since 2016. It's uncertain how the 3.3-pound raptor tumbled to spend many hours snared below the eyrie. This reporter watched him being fed by a dotting mother the night before. The nursery might have been damaged by a recent storm. With three rapidly growing babies competing for space, accidental fallout is a risk.

On the recent early Saturday morning, nest-cam watchers noted the youngest baby - "Diecinueve" (Spanish for 19) to some eagle watchers - had disappeared from view. At the site, eagle fan Terri Madden saw him mired in branches below the nest at 50 feet above ground.

"I didn't know what to do," said

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County Nurses Prepare for Disasters



Nurses train with a dummy in a hospital bed. Courtesy photo

**Sacramento County
News Release**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Department of Health Services (DHS) is taking a proactive approach by providing four Nurse Disaster Worker Trainings to ensure County nurses

are prepared and well-educated ahead of a disaster.

According to Director of Public Health Nursing, Lynnann Svensson, this training is important because, in an emergency, County public health nurses would move into a situation that's different than their normal work-day and comfort level. By

collaborating with local nursing professionals, our nurses will be equipped to provide safe and effective care to our community.

The four-part nurse training series covers a range of topics, including disaster readiness, a clinical refresher and training for shelter leaders.

In March, DHS held its

third training event, partnering with California State University Sacramento's School of Nursing faculty, local hospital nurses, nursing honor society members, and student nurses to provide three sessions of the Nurse Disaster Worker Clinical Skills Refresher which

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Concerts in the Park Returns for 31st Year

**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 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 line-up 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

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Volunteers Needed for Public Emergency Response



Sacramento Medical Reserve Corps volunteers play a vital role in assisting the injured during disasters. Photo Courtesy Sac County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - When disasters occur that require onsite medical assistance, first responders can become overwhelmed by the number of victims who need help.

A group of medical and non-medical volunteers in Sacramento County answer the call and assist the injured in their time of need. The Sacramento Medical Reserve Corps (SMRC) was created to strengthen public health, emergency response and community resiliency.

The group is looking for more volunteers dedicated to public service, along with assisting during large-scale disasters, public health emergencies or extreme weather events. Sacramento Medical Reserve Corps is also always ready to help in various capacities. The volunteers assist at large community events' first-aid stations, provide health screenings at health fairs, support public health with flu clinics and promote emergency preparedness to service organizations and neighborhood groups.

The Sacramento Medical Reserve Corps volunteers are critical in helping keep

Sacramento County protected and prepared for any situation.

For one volunteer, that dedication has not gone unnoticed. Sacramento Medical Reserve Corps member Michael Joseph was selected as one of three finalists for the 2024 Outstanding Medical Reserve Corps Responder by the U.S. Department of Health and Human Services National Medical Reserve Corps program office. The award will be announced at the 2024 National Medical Reserve Corps Conference in May.

Sacramento Medical Reserve Corps is looking for others who want to join Joseph in helping assist residents in this area. Apply online at sacoes.saccounty.gov/SacramentoMedicalReserveCorps to become a Sacramento Medical Reserve Corps member.

What if you don't feel qualified or don't have time but still want to help? Donations are also accepted via the non-profit Sacramento Medical Reserve Corps Foundation. This foundation helps to offset the costs during emergency responses and assists in purchasing needed supplies.

To volunteer, donate or for more information, see sacoes.saccounty.gov/SacramentoMedicalReserveCorps. ★

May is Mental Health Awareness Month

By Scott Knight,
The Jason Foundation



Since 1949, Mental Health America and its affiliates across the country have led the observance of May as Mental Health Awareness Month by reaching millions through the media, local events, and screenings. It raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Cities and businesses across the country hold various events to support mental health and open up the lines of communication. Many websites provide ideas for businesses to support their employees during May and beyond.

According to the CDC, suicide rates in our country increased by 36% between 2000-2021. Suicide was responsible for 48,183 deaths in 2021 alone, which is about one death every 11 minutes. We know that many mental health disorders-including depression, bipolar disorder, borderline personality disorder, and PTSD-come with heightened risk of suicidal thoughts or attempts. While seeking help for suicidal thoughts or behaviors is critical regardless of the cause, securing a specific diagnosis may help the individual receive treatment-especially ongoing treatment -that is best suited to their mental health needs.

Mental Health America says that up to 60% of people who die by suicide have major depression, and research suggests that the majority of suicides are related to a psychiatric condition. If you or someone

you know is depressed, there are effective treatments available. Talking to your doctor is a fantastic first step, and you can also visit the National Alliance on Mental Health Illness to learn more about support groups that you might find helpful.

The Jason Foundation is another valuable resource. JFI is dedicated to the prevention of the "Silent Epidemic" of suicide through educational and awareness programs. On its website, you will learn about warning signs and risk factors associated with people who may be struggling with mental health issues and suicidal ideation. JFI's website also has more information about finding a Jason Foundation location near you. We know that four out of five individuals considering suicide give some sign of their intentions, either verbally or behaviorally. In 80% of those considering suicide, we have an opportunity to recognize the warning signs and intervene. Take the time to educate yourselves on the warning signs and risk factors associated with suicide. This knowledge may help you save the life of a friend or loved one. ★

Dignity Health and Aetna® Reach Agreement

Dignity Health News Release

SACRAMENTO REGION, CA (MPG) - Dignity Health and Aetna, a CVS Health Company, have reached agreement on a new, multi-year contract that allows Aetna members to maintain in-network access to Dignity Health services, facilities and providers in Arizona, California and Nevada. The effective date of the new agreement is April 1 and health care services received by Aetna members since April 1 will be covered at the members' in-network benefit levels.

"This is a win for our patients who deserve access to local high-quality care," said Robert Quinn, MD, president of Dignity Health Medical Foundation. "Our

goal in working with Aetna has always been about ensuring we can meet the needs of our patients today and in the future. This agreement ensures we can continue to provide value-driven care for Aetna members."

Said Cathy Hughes, Aetna vice-president and chief network officer for the Western and South-Central region, "We are committed to serving Aetna members with access to quality, convenient, affordable care through our network of providers. We are pleased to reach an agreement with Dignity Health that enables us to continue working together to meet the health care needs of our members."

Aetna members can call the number on their Aetna member card for more information. ★

County Nurses Prepare for Disasters

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began with a classroom lecture followed by lab work.

"We went through a little bit of dyadic information, as far as taking care of nonobvious emergencies, in shelter situations. They will also be practicing some hands-on skills, basic patient assessments, mobility, how to use some of the equipment, and how to use some of the first aid equipment that's going to be

available to some of these nurses," said Laura Cravens-Ray, assistant professor, California State University, Sacramento.

"Something I really wanted to learn, even before this, was wound care. So, I am really glad that we got to learn," said Darya Eslamian, public health nurse II at Sacramento County. "It's very important to have these trainings so when a disaster does happen, we are not trying to scramble and trying to learn

everything. We are as prepared as possible."

To learn more about the third part of the nurse disaster training series, which included collaboration efforts with Sacramento State, watch the "Sacramento County Nurses Prepare for Disasters with a Training in Partnership with Sac State" on the County YouTube channel. More information regarding the fourth part of the training series will be provided as it becomes available. ★

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Eaglet Rescue Took a Village

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Madden. “My heart broke for him. His mother was above, watching him. I guess she didn’t know what to do, either.”

Seasoned animal rescuer Ben Nuckolls of California Wildlife Encounters soon reached the scene and sought clearance for an intervention to save a federally-protected bird on federal land.

“I knew a rescue would be difficult,” Nuckolls said. “The pine tree angled sharply over a bluff. There were huge safety concerns for anyone who climbed it. But this was our beloved national bird. I’d watched this family for years and I felt a responsibility to help them.”

Orangevale firefighters assessed a seemingly hopeless scene. Because the tree was on a steep slope, using ladders was out. They summoned high-angle rescue colleagues. Dubbed the “Navy Seals of firefighting,” this specialist team could not risk the safety of officers with an attempt.

By now, the baby had been dangling for at least 10 hours. Alternating between exhaustion and flapping, it could not survive much longer. Tree-climbing arborists were a last hope. Onlooker Terri Madden located Sierra Pacific Tree Care, a Placerville-based company. Two of its climbers agreed to tackle mission impossible.

Kiover Larnus and Gabriel Cuevas rushed to the nest site. They were warned that the job would be unpaid and undertaken at their own risk. Larnus had retrieved plenty of cats from trees. “Eagles, no,” he conceded.

In boots, helmets and formidable spikes, the duo scrambled downhill to the tree base. Above, the eagle parents circled their sanctuary, shouting outrage at human invasion.

“The lean on the tree worried us,” said Larnus. “But its roots looked strong. I was also worried the mother eagle might come at me. I said a prayer and figured it



Eaglet Diecinueve (Spanish for 19) is treated in Auburn by Gold Country Wildlife Rescue, and Bird of Prey Health Group technicians. Photo courtesy of Gold Country Wildlife rescue

would be all right.”

With partner Cuevas manning ropes, up Larnus scrambled. Hearts thumped below.

“We were all scared,” said one of the gathered volunteers. “Not just that he might fall; the higher Kiover climbed, the closer Mama circled.”

The climber quickly reached Diecinueve and grabbed the bundle of protesting feathers. “He was bigger than I thought,” Larnus recalls. “He looked at me bravely. He

didn’t want to go in the cage, but I told him you’ll be okay, baby. He felt soft and fluffy, like a stuffed toy.”

The nest above him contained Diecinueve’s two siblings. Before descent, the rescuer turned and called: “You only want this one, right?” For the first time in many hours, onlookers – many in tears – laughed.

Descent with precious cargo was slower. When the climbers and cage appeared over the canyon ridge, firefighters cheered. One inevitably uttered: “the eagle has landed.”

The creature I’d struggled for weeks to photograph was no longer a high pinpoint of fuzz. Caged, his wings seemed huge, his talons massive. He was still flecked with baby fluff. After hours of misery, his eyes still shone. The little icon had steel in his blood. We did a quick whip-round and gave the tree-climbers as much cash as we could muster - nothing worthy of their heroism.

Ben Nuckolls and fellow rescuer Leslie Ackerman spirited Diecinueve to Gold Country Wildlife Rescue staff (Auburn) that operates in conjunction with Lincoln-based Bird of Prey Health Group. The baby was given fluids for dehydration and anti-inflammatory medication. He was otherwise undamaged.

Climber Larnus later told his wife and five children about the rescue.

“We all love eagles,” he said. “My kids were excited. We’re relieved the little guy is safe and we hope he’ll be released in the wild someday. My wife always worries about my work. But she was happy, too.”

Climbers Larnus and Cuevas will soon be honored by Sacramento County for their heroic effort.

For the safety of the eagles, the nest location is not included in this report.

Learn about Gold Country Wildlife Rescue at goldcountrywildliferescue.org. ★

Credit Union SACTOWN Run Raises \$216,500



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

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.”

The annual Credit Union SACTOWN Run wouldn’t be possible without the tireless efforts of credit union leaders and professionals from across California and Nevada.

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 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 Poptital 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. ★

Concerts in the Park Returns



A previous year’s concert. Photo by SpencerFields46

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Lady Char, Complex, and DJ Oasis, just to name a few. A detailed line-up along with more information about Concerts in the Park is available here: <https://www.godowntownsac.com/events/signature-events/concerts-in-the-park/>

In addition to an expanded footprint, this year, Concerts in the Park will have surprise vendors and guests throughout the season, releasing the news on their

Instagram account @cipsacramento May through July.

A production of Downtown Sacramento Partnership, Concerts in the Park 2024 is proudly sponsored by Dignity Health, Xfinity & Comcast Business, Donaghy Sales, FOX40, Republic Services, Audacy, and Visit Sacramento. For more information about downtown Sacramento, please visit GoDowntownSac.com. ★

Bike Fest 2024: Let’s Ride!

American River Parkway Foundation News Release

SACRAMENTO, CA (MPG) - American River Parkway Foundation is excited to announce that Bike Fest will return on Saturday, May 18 at William B. Pond Park located at 5700 Arden Way, Carmichael, CA. Save the date and get ready to participate in Bike Fest. The rides will start at 7 a.m., while the festival will begin at 10 a.m.

There will be many different highlights for people of all ages. There will be an interactive Kid Zone, where you can keep your little ones entertained with helmet decorating, obstacle courses, face painting, nature hikes, interactions with canine companions, sensory experiences, and captivating science experiments.

Also at the Bike Fest will be live music. Enjoy the lively tunes of Leaping Blennies and soak in the festive atmosphere.

There will be many food and drink options, as well. Indulge in delectable



A biker displays enthusiasm at a previous Bike Fest. Photo courtesy of American River Parkway Foundation

offerings from food trucks like Pinorrito, Topsy Cheese, and Chicks 500 Degrees. Quench your thirst at the Beer Garden featuring local breweries, including New Belgium, Two Rivers Cider, River City Brewing, and Bike Dog.

Additionally, there will be bike demos and bike shops. Discover the latest bike trends and get expert safety advice from Specialized Bikes. Explore local vendors featuring Oak Park Massage, Moonscent, Isabel Emilie – Wellness Coach, Nurelle Creation, and more.

Lastly, guests can enter

for raffle prizes. Enter to win awesome prizes like a family 4 pack to the Walt Disney Museum, a cruiser bike from New Belgium Brewing, and more.

Bike Fest promises a day filled with cycling excitement, family fun, and community spirit! Don’t miss out.

Ticket prices vary; adult tickets cost \$30, while children’s tickets are \$15. Family bundles cost \$90 (2 adults and 2 children). Kids under the age of 8 can come at no cost. Visit <https://arpf.org/events/bikefest/> for more information and tickets. ★

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!"

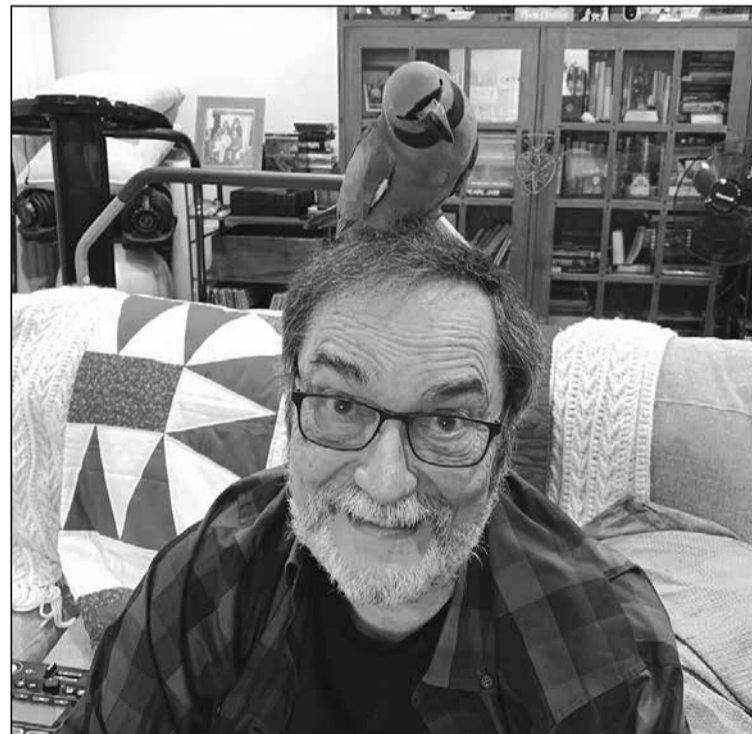
What more can be said about this icon and truly good human being?

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 (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.

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Sacramento Suburban Kiwanis Club Hosts 66th Art Fiesta

Sacramento Suburban Kiwanis Club News Release

SACRAMENTO, CA (MPG) - Sacramento Suburban Kiwanis Club is proud to host the 66th Kiwanis Art Fiesta at the Scottish Rite Masonic Center, located at 6151 H St. in Sacramento, on Saturday and Sunday, June 1 and 2. Show hours are from 10 a.m. to 4 p.m. that Saturday and from 10 a.m. to 3 p.m. that Sunday.

After decades of being an outdoor show at Town & Country Village and then Pavilions Shopping Center, this is the second Art Fiesta year at the Scottish Rite location. The air-conditioned comfort, spacious facility and ample parking lot provide an ideal location for this iconic event.

Meet the artists, browse the fine art pieces and purchase quality art for yourself, family, and friends. Most art media, including painting, pottery, photography, glass, woodwork, fine textile, and jewelry will be for sale. There is no charge for admission.

Food and beverages with a fiesta theme, catered by "Taste for the Senses," will be sold. Enjoy breakfast, snacks, lunch and dessert items while meeting the artisans. While at the show on Saturday, take time to vote for your personal favorite fiesta artist.

The Sacramento Suburban Kiwanis Club, chartered in 1952, is a community service organization dedicated to serving the Arden-Arcade community in Sacramento. The club has sponsored the Art Fiesta since the show's inception. As Sacramento Suburban Kiwanis' largest fundraising event of the year, the Art Fiesta is a juried art show ensuring unique, original creations.

"Come out and share this wonderful variety of quality art with the whole

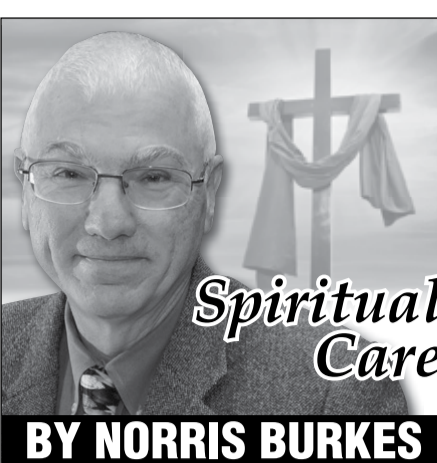
family while both meeting and supporting local artists and helping Sacramento Suburban Kiwanis fund its many community and youth-assistance programs," said Art Fiesta chairperson and long-time Kiwanian Tom Fleischmann. "Suburban Kiwanis Club sponsors four high school Key Clubs (Mira Loma, El Camino Fundamental, Rio Americano and Rosemont) as well as a Builders Club at Cowan Fundamental School. These youth programs teach leadership, communication, and community service skills. Additionally, the club sponsors Boy Scout Troop 53."

Other programs that the club sponsors include Kiwanis Family House, River City Food Bank, Sierra Arden Food Closet, Boys and Girls State, Wellspring Women's Center, Sacramento Crisis Nursery and Just for Kids, a program for children who have an immediate family member diagnosed with cancer.

Sacramento Suburban Kiwanis Club is part of Kiwanis International, a global organization of volunteers dedicated to improving the world, one child and one community at a time. Kiwanis and its family of clubs, nearly 600,000 members strong, help raise more than \$100 million annually and dedicate more than 18 million volunteer hours to strengthen communities and serve children!

Sacramento Suburban Kiwanis meets on the first and third Wednesday of the month from 12:10 to 1:10 p.m. at Seasons 52 at Arden Fair Mall. For more information about the club or Kiwanis in general, call Tom at 916-834-1870 or visit online at www.sacramentosuburbankiwanis.org. Meet Art Fiesta artisans and follow Sac Suburban Kiwanis on Facebook at [SacramentoSuburbanKiwanis](https://www.facebook.com/SacSuburbanKiwanis) and Instagram at [@SacSuburbanKiwanis](https://www.instagram.com/SacSuburbanKiwanis). ★

Religious Fashion Doesn't Impress God



I sometimes receive emails from readers telling me they love my columns so much they read them to their Bible study group.

It's a nice compliment, but on the other hand, I work hard to make this column about spirituality in everyday life, not just Sunday school life.

I want it to appeal to those who are unconnected or disconnected to church. And because of that I encourage editors to place me on the community pages or the Living section and off the church page.

And please, keep me as far as possible from the fashion pages. I'm definitely not a fashionable guy.

But if I was writing a fashion column, I'd tell you about my trip last week through the St. Louis airport where I saw men of various ages dressed in, well, I-don't-know-what.

I saw a young man with trousers riding low enough to qualify him for entrance into the Plumbers Union. I saw old men wearing pants high enough to double as a face mask. And of course, more than enough middle-aged men wearing sweatpants to accommodate their growing bellies.

The fashion didn't improve much on the plane, where I sat across from a girl with fingernails painted traffic-cone orange. She was prewired to her phone and didn't notice me.

With so many fashion-challenged children of God, airport crowds do make a good segue. Cue Bible study.

That's because the airport crowd reminded me of the one Jesus likely encountered as he walked into a city looking to recruit a Band of Brothers who would change the world.

Like me, he was a people-watcher, just

not as smug as me. Go figure.

Unlike me, he had a keen eye for the quality of the soul over the quality of the fabric, the cut of a man's character over the cut of his shirt.

This is the eye Jesus used to quickly single out an eager young recruit named Phillip who followed him without so much as blinking.

Exhilarated at being chosen, Phil found his bud, Nathaniel, and begged him to come and meet the teacher from Nazareth.

"Nazareth?" Nat rightly exclaimed, "You've got to be kidding."

No, Phil wasn't kidding.

"Come see for yourself," he challenged.

Upon meeting Nathaniel, Jesus quickly pronounced, "Now, here's the real deal. Not a false bone in his body."

Nat, not easily moved by flattery, asked, "Where'd you get that idea? You don't know me."

Nat was partially right. The two had never been formally introduced, but Jesus had observed Nathaniel on several occasions where he sat under a fig tree, deep in thought.

It was obvious to Jesus that there was something different about Nat.

What was it?

The best translation of the scripture says that Nat was a man "without guile." That means he didn't try to hide who he was. He didn't demonstrate any pretense in his choice of clothing, friends or mannerisms.

"Why not?" you ask.

Well, it's not because he was intrinsically happy with who he was. He knew he was not completely accessorized, so he was willing to undertake a fearless inventory of his soul closet.

And I think it was his self-awareness about truly lacking something that made him a prime candidate on the first-round draft pick for a disciple.

In that moment, Nathaniel discovered the most profound truth of all: God is always able to pick us out of the crowd. But, he sees us best when we lay aside our pretense and all the religious fashion that goes with it.

Next week, I return to regular programming in the everyday life sections.

And, just to be clear, if this were a fashion column, I surely wouldn't be the author. ★

M E M O R I A L

KATHLEEN FRANCES PEACE (NEE FOGDEN) • 6/26/1941 - 1/13/2024

It is with heavy hearts we announce the passing of our mom, Nana and GG. Left to mourn are her family: Son, Kelly (Debra), Daughter, Colleen (Jim Frame), Grandchildren Quinn (Devon Wolf), Spencer (Mahriya), Jeremiah, Elijah and Noah, and Great-Grandchildren, Skylar, Taylor, Zachary, Aniela and Finley; Sisters Maureen (Dave Saxon - d. March 2024), Joanne Holyoak, Rosemary (Fred McMurray) and Brother Danny (Heather), and many nieces and nephews

and their families whom she loved dearly and was always so proud of. Mom grew up in Victoria, attending St. Anne's Girls Academy until going to work at Standard Furniture. She was married to Ian Peace (d. 2009) in 1960 and they enjoyed their life in Victoria until they moved to Gold River in 1971. Dad joined the Volunteer Fire Dept. and they met many lifelong friends and enjoyed socializing with them, whether it was playing ball, curling, fishing, chopping wood or just socializing in

the backyard around the "pool". Mom enjoyed working out in the yard and was an avid fundraiser and volunteer for the Little Dino's Daycare. After dad's passing in 2009, she moved to Victoria for a couple of years before joining her family in Nanaimo, where she spent the last years of her life enjoying her family, specifically her 5 great-grandchildren. She will be missed deeply. We welcome family and friends to a celebration of mom's life on June 16, 2024 at the Nanaimo Yacht Club at 1:00pm.

A Veteran Thank Today

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Gold River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. The *Gold River Messenger* is published monthly. Call 916-773-1111 for more information.

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

Gold River Messenger is a member of **Messenger Publishing Group**

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Popp Talk

With Mary Jane Popp

Bring On Spring

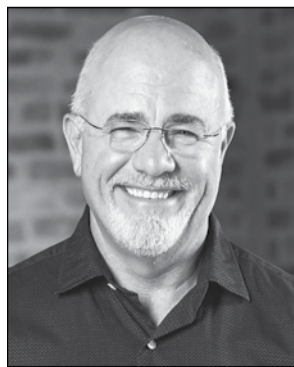
We think of springtime as renewal, a time of living life to the fullest. But let's be honest, there's also a thing called spring fever, and we tend to go drifting off into a world of 'I'll do that tomorrow.' According to Dr. Susan Smith-Jones, there are ways to enrich your life in springtime and it can be fun too. Dr Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition, life balance and peaceful living. She travels the world in search of tools to make life positive and has authored some 30 books on lifestyle and good living to make it so. From "The Curative Kitchen and Lifestyle" and "Thrive" along with her latest "Uplifted" 12 minutes to more joy, faith, peace, kindness and vitality. She strives to get you to a better place in any season of the year. Bring on spring with these simple tips.

1. **LISTEN TO MUSIC.** Music is the food for the soul and an instant way to gain peace of mind. Enjoy your favorite music daily. 2. **DEEP BREATHING.** Take five long slow, deep breaths. This is a quick and easy way to instantly feel calm. 3. **ENJOY NATURE.** Too much concrete is never a good thing. Spending time in nature can actually make you feel younger and happier. 4. **PLAY WITH A PET.** Playing with a pet is a great way to de-stress. Touch is a powerful sense and eases tension and promotes peace. 5. **DE-CLUTTER.** Have regular clear-outs. Clutter can add to feelings of tension and a clean, clear home allows a

cleaner, more peaceful mind. 6. **SENSE OF HUMOR.** Laugh a lot. The world is instantly a better place when you can see the funny side of life. 7. **HAVE GOALS.** Goals keep us going in the right direction and give us a sense of purpose. Create short term and long term goals. 8. **FROLIC.** All work and no play will stress anyone out. Make time for things you enjoy. Approach life with a playful attitude. 9. **LET IT GO.** There are some things you just cannot change, no matter how hard you try. Know when to cut your losses and detach. (Just like Elsa does in the movie "Frozen"). 10. **CULTIVATE GRATITUDE.** Focusing on all things in our lives that we are grateful for promotes inner calm and reminds us that there are always positives. 11. **SLOW DOWN.** Why does everything need to be accomplished today? Often, we place unrealistic pressure on ourselves when there is no need to. Challenge your impatience. Be mindful and enjoy life in the moment. 12. **BE KIND.** It's free and it makes a difference. When we show kindness, it gives us an inner boost too. Live more by the golden rule.

You can check out Dr. Jones at www.SusanSmithJones.com and don't forget to sign up for her FREE monthly newsletter at her website for great information and positive affirmations. Let this Spring take you to new heights of in YOUR life. ★

HAPPY SPRING!!!



Where's the Money Going?

Dear Dave,

I have a roommate, and we've shared the same two-bedroom apartment for about three years. During that time, we've always had an agreement that we would split the bills fifty-fifty. But for the last several months, he's been very late paying his half of the bills. There have even been a few times when he didn't pay his part at all, and I had to cover the entire bill. We both work good jobs, so money isn't an issue. He says he's broke, but when I ask him where all his money goes, he just shrugs and acts like he doesn't know. We're good friends, so I don't want to be cruel. How can I approach him about the situation?

- Mikhail

Dear Mikhail,

No matter whether you're talking about

Dave Ramsey Says

friendships or business dealings, to be unclear is to be unkind. Believe me, I understand you don't want to be mean to a friend. But situations like this should always be addressed directly and quickly, before things get out of hand.

You said you were good friends, and not just roommates, right? My advice is to suggest a night where you both just hang out at the apartment. Offer to pay for dinner to be delivered, and just relax and watch a movie or a game together. Before the night's over, tell him there's something you've been wanting to talk to him about, and begin an understanding—but firm—conversation about the last few months and the situation with the bills. Let him know he's a good friend, and you enjoy his company, but the roommate agreement isn't working out because he's not living up to his agreement to pay half the bills. Give him every chance to give a reasonable explanation for things, but make sure he understands that you two aren't going to be able to be roommates much longer unless he starts paying on time. Being understanding is

key in a situation like this, Mikhail. You don't want to approach him with a bunch of accusations, but at the same time, you need to know what's going on. Maybe he needs help learning to budget money properly. You said both of you have good jobs, so that means his money has to be going somewhere. The problem is it sounds like it's not going to the right places.

When a friend is having a rough time, you should always do what you reasonably can do to help. But in this case, he's got obligations he needs—and agreed—to live up to. Do what you can, but in the end, he should understand it's time for him to get his act together.

- 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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ACROSS

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- *Stinging pollinator
- Prefix in levorotary
- *Dark home to #33
- Sudden growth
- Like certain Steven
- Symphony member
- Type of feather
- *Comfy seat (2 words)
- Don't put these into one basket?
- Full nelson is ___ wrestling
- Santa ___, Orange County
- Putts down
- Et cetera (3 words)
- Pen point
- With signs of wear and tear
- Beyond natural, in U.K.
- Messes up
- Chitchat
- Willow twig
- Evening purse
- Win a race
- Tucker of "Modern Family"
- Army bathroom
- Eucharist plates
- Opposite of WSW
- French composer Erik Alfred Leslie
- *"Back to the Future" antagonist
- *Beagle with Wings
- Poodle minus d
- England's medieval royal house
- Rabbit's cousin
- Nymph chaser
- Genealogist's creation
- Blackhearted
- George Gershwin's brother
- "For ___ a jolly..."
- It often goes with a rod

DOWN

- What the Big Bad Wolf did
- First name in jeans
- "Pop it in the ___!"
- Cuban drums
- Secret clique
- Roundish
- Chronic wasting disease carrier
- Plug for a barrel
- *As opposed to urns
- Pilot's estimate, acr.
- Herb for treating menopaual symptoms
- Shop till you drop, e.g.
- *Flying stallion
- "The Queen's Gambit" game
- Take your pick
- *Biblical Gabriel, e.g.
- All plants and animals
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- Shortened word, abbr.
- Drink request
- Home to largest mammal
- Socially acceptable behaviors
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- *Nocturnal mosquito eater
- *Lightning beetle
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Becerra, Bera Discuss Healthcare Worker Shortage at Rio Americano



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

Story by Adam Abolfazli, photo by Rami Al Mufti

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 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. ★

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