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AMERICAN RIVER Messenger

VOLUME 18 • ISSUE 12

Serving Fair Oaks, Orangevale & Sacramento County

JUNE 30, 2023

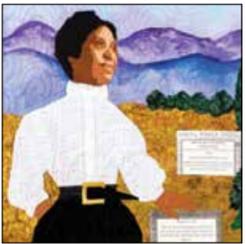
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Flights of Independence



Three's company. Papa Bald babysits three eaglets hatched in the American River nest this year. All three recently made their first flights at about 12 weeks old.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - Gales, hail storms, a surprise late hatch and dramatic tumbles were among pre-flight adventures for the 2023 American River bald eagle family.

By now, all three of Mama and Papa's eaglets have fledged. Storm, Providence and latecomer Fortune are winging to independence (note: these names are unofficial and coined by this eight-year observer. Scientific records identify the eaglets as eaglets 14, 15 and 16.)

Run ragged by months of incubation and providing, their parents will soon restore their battered eyrie and anticipate a 2024 breeding season. Such is their existence. Like most wild animals, our beautiful national bird lives only to enjoy freedom and sustain its species.

Built in 2016, their eyrie was considered the closest to Sacramento in recorded history. The phenomenon of their breeding in unaccustomed territory underscored a comeback for a species that hovered near extinction in the 1970s. The American River nest has since been sanctuary to 17 babies.

The parents courted and coupled in January and February. Alpha eaglet Storm hatched during tempests in early March. The second arrived providentially in peaceful days that followed. Then an eaglem-cam installed by Friends of Folsom and Lake Natoma revealed a third fluff-head. I called this surprise baby Fortune.

Eaglets fly at around 12 weeks after hatching. To achieve adult size in less than three months, they must be fed non-stop. Their parents worked in relays to deliver prey and at

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Board of Supervisors Appoints Director of Finance



Chad Rinde, New Director of Finance. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors at its June 6 meeting concurred with the County Executive's Appointment of Chad Rinde as Director of Finance, effective June 26, 2023.

"Mr. Rinde is exceptionally qualified, and we are very fortunate to appoint him as our Director of Finance," said David Villanueva, Assistant County Executive and Deputy County Executive for Administrative Services. "We believe that his enthusiasm, education and expertise will benefit the County's Department of Finance and the County overall."

Rinde has nearly 15 years of experience working in and around County government, with more than eight of those years working for Yolo County, where he currently serves as the Chief Financial Officer, a position he has held since 2019. During his tenure, Rinde also served as the Interim County Administrator for nine months and Assistant County Administrator for two months to support the transition to the new County Administrator.

Rinde has led Yolo County's budgetary process, been a key contributor to annexations with local cities to promote economic development and performed disaster and business relief efforts during COVID-19 while simultaneously fulfilling all the statutory responsibilities of the office.

In addition to his professional experience, Rinde graduated from Sacramento State with a Bachelor of Science Degree in Business Administration with an emphasis in Accountancy. Rinde is also a Certified Public Accountant for the State of California.

He has completed the California State Association of Counties (CSAC) Leadership Program. "So you want to

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New Ace Hardware Opens June 27

**Story and photos
by Thomas J. Sullivan**

CITRUS HEIGHTS, CA (MPG) - "Ace will soon be the place" for the hardware needs of Citrus Heights and Fair Oaks customers as a new Ace Hardware franchise opens in the Almond Orchard Shopping Center, 8079 Madison Ave. in Citrus Heights on Tuesday, June 27th. A formal grand opening ceremony is set by the owner for the week of August 4th.

Owner Jessica Rowell Greenfield, and general manager Lyuda Demyanchuk have been busy overseeing the daily work of personnel stocking shelves of the 14,200-square-foot store with new merchandise.

The process of fully stocking the store began on May 22nd as rotating tractor-trailers began arriving with new merchandise.

The new store is named Miller's Ace Hardware, after the owner's son, who is dealing with a rare neurological disease.

Once open, Miller's Ace Hardware, which is described by the company as a "super-size" retail



Miller's Ace Hardware owner Jessica Rowell Greenfield announces the opening date of Tuesday, June 27th for the Citrus Heights hardware store.

location will feature over 20,000 different individual items of merchandise. The store will also feature a special section for pet supplies and accessories, Rowell Greenfield said.

"Interior physical renovations took a bit longer than I expected," she said.

Other building improvements included new

flooring and a front sliding glass door entrance. Overall electrical lighting was upgraded to LED throughout for greater energy efficiency.

"This is an older building and we needed to make significant electrical upgrades to handle the cash registers and equipment needed in a store this size."

An announced planned garden center which will be located in the rear parking lot remains in the planning stage, she said.

Hiring of staff continues, she said. "Ace is a great place to work. Our staff is very diverse and drawn heavily from the local community."

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Fair Oaks Hero Rescues Owls



Ben Nuckolls prepares three dislodged Western screech owlets for transportation during an Arden Arcade rescue.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Untimely tree-felling led to a recent urgent rescue of three Western screech owlets.

Fair Oaks-based wildlife rescuer Ben Nuckolls saved the chicks; they are now in an Auburn wildlife rehabilitation facility and will be released when they are able to fly.

"These owls are not rare," says Nuckolls. "But because of their nocturnal activities, they're seldom seen."

"Everybody has a soft spot for owls. They're associated with mystery and wisdom and they're adorable to look at. But no matter what the species, I always do my best for wildlife in difficulty."

The drama occurred when an Arcade family decided to remove an old tree on their property. The hoary maple was rotting and deemed dangerous. As contractors felled its limbs, they saw several creatures hit the ground. Examination revealed three owlets, each about two weeks old. The mother was seen escaping the worksite.

"The homeowners were terribly upset," noted Nuckolls. "It is actually a Federal and State offence to knowingly disturb an active nest but because these owls are crevice dwellers, no one knew they were there."

"The result of this innocent mistake shows why major tree trimming is best avoided during spring and early summer. That's baby season for



During a re-nesting attempt, Ben Nuckolls places the owlets in a surrogate nest.

most wildlife families."

The property owners gathered the raptor chicks in a box and called California Wildlife Encounters founder Nuckolls. "They knew these creatures needed help," says Nuckolls. "I came at once. I could see they were very young indeed - each smaller than a dollar bill."

"I only remove animals from the wild as a last resort. We knew the parents were nearby, so my goal was to reunite them. I first took the owlets to Gold Country Wildlife Rescue (Auburn), where they were examined for injury and fed cut-up mice. Then I returned them to the Arcade location."

"Following my instructions, the property owner built a re-nesting box. I secured it in a tree just feet from his original maple. Then we carefully laid the babies in it."

Nuckolls mounted cameras to monitor the site. These recorded the mom's nighttime arrival. She fed the babies in their surrogate nest but did not return. "Unfortunately, not all re-nesting efforts succeed," he concedes. "For the safety

of the owlets, I decided to remove them for rehabilitation. I did this with a heavy heart: I always hate to separate babies from moms. But they would not have survived another night in the open."

Nuckolls returned the trio to the rehab sanctuary, where they are still receiving care. "They were placed with another Western screech orphan of same age," he reports. "Individuals always rehab better as part of a group. When they're ready for release, they'll be taken back to the neighborhood they came from."

"This was an unfortunate incident. But we still hope for a happy ending - that they'll return to their home range and find their family."

Footnote: Ben Nuckolls has 30 years of wildlife rescue experience and performs more than 700 rescues per year. To assist his work, donations may be made to California Wildlife Encounters or to Gold Country Wildlife Rescue. Felling or heavy trimming of trees should wait for autumn or fall. ★

The Underground Stocking up with Donations



The Underground store manager Kaylon McBride is a San Juan High School alumna.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Cleaning out your child's closet? Have an elementary, middle school or high school student with fashionable clothing in good condition, which they no longer need?

Consider a donation to the Underground Clothing Connection, a free clothing store located in Sunrise Mall, exclusively for students and their families of San Juan Unified School District, and co-sponsored by the Citrus Heights HART homeless assistance resource team which will welcome your donation.

"Our mission is to provide students who are in-need or experiencing hardship with access to free, unstained, correctly sized clothing that matches the current youth fashion," said store manager, Kaylon McBride, an '87 graduate of San Juan High in Citrus Heights.

The Underground Clothing Connection store grew out initially from a school site effort by San Juan Unified School District to provide fashion-forward clothing for school age students in need, she said.

When a large store space became physically needed to serve an increased demand for clothing by young students and their families, a collaborative effort between Citrus Heights HART homeless resource assistance team and Sunrise Marketplace, through its executive director, Kathlynn Carpenter, led to the offer in 2020 of a former retail store location inside Sunrise Mall in Citrus Heights at no cost for its first year and a half of its operations.

The program serves an estimated 800 families and their children, and since continues to thrive. "We're now reaching out to the public for clothing donations and for volunteers to act as store staff, either one shift per week, or one shift per month," she said.

The overall mission of the Underground Clothing Connection is to provide foster youth, at risk students and their families who are in-need or experiencing hardship, with access to free, unstained, correctly sized clothing which matches current youth fashion trends.

Help for young refugee families arriving in the area with very little, is also offered by the program, providing a week's worth of clothing, twice a year.

Inside the former retail clothing store, a wide range of contemporary fashion clothing for children, young men and women fill clothing racks.

Inventory turns over rapidly, and while school is now getting out for the summer, it won't be long before an urgent need for "back to school" clothing brings families back for their fall and winter clothing needs, McBride said.

"We need boys' and girls' clothing in sizes 2T and up," McBride said. "Winter coats and jackets in both adult and

children's sizes, in good condition will soon be needed in inventory. Also, donation of high school student fall/winter styles, including plus sizes are welcome."

"There's also never enough young men's underwear in large sizes, and boys from 2T through size 16," she said. New socks in children's and adult sizes are in high demand.

"We turn over an amazing volume of inventory in junior girls' sizes, sizes 5-16 and in activewear," McBride said. "We really don't have a lot of back stock."

"Due to our limited storage space and the small number of volunteers to sort incoming donations, we ask that donations follow specific guidelines," she said.

The Underground Clothing Connection accepts donations of contemporary young men and women's clothing and shoes in excellent condition, without stains, holes, broken zippers or worn-out soles. Gently used bras in excellent condition in all sizes are accepted.

A paper card index of families served is nearing capacity. More than 400 young families and school age students are served by the program and that number is growing monthly.

"We are strictly an apparel, shoe and accessories store," McBride said. Donations of toys, suitcases and blankets or similar items, are best directed to other non-profits who may accept them, she added.

"We have a great need for fashion-forward clothing for high school age young men and women in all sizes," she said. "And we could always use more inventory."

McBride said her greatest satisfaction in managing the program is to create a positive experience for her many customers where all are treated with dignity and respect.

As demand for the program's services continues to increase, McBride said she's looking to build the program's management and leadership team. She has a Master's Degree in Education and is looking to guest/substitute teach in the SJUSD as she continues to give back to the local community she serves.

"I also appreciate the ongoing support of so many San Juan High alumni, and our many volunteers and high school students who seek to earn community service credits by working in the store."

The Underground Clothing Connection clothing store is located at 5932 Sunrise Mall in Citrus Heights next to the former movie theater inside the mall. Store hours are Wednesdays from 11 am to 4 pm and Saturdays from 11 am to 3 p.m. Learn more about the Underground Clothing Connection at: <https://citrusheightshart.org/programs/underground-clothing-connection> or on social media at: www.facebook.com/UndergroundClothingConnection. Call 916-952-9797 for more information or email: TheUnderground411@gmail.com ★



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Rollerland Still Rolling at 50



A family enjoys skating at Sunrise Rollerland. From left to right: Brittinee Garo, Jasper Errington, Adam Errington.

Story and photos by Tamara Warta

CITRUS HEIGHTS, CA (MPG)

In recent years, Citrus Heights has been buzzing about plans for expansion, renovation, and improvements to its retail and business offerings. Through it all, one constant has stood the test of time. Sunrise Rollerland is celebrating 50 years in operation this year, and the future looks like smooth skating for this family-owned business located behind the Sunrise Mall.

The popular roller rink was founded by retired Air Force Major Lloyd Neutz in 1973 and has remained in the family. Neutz's son owns the rink today and daily managerial duties are also carried out by his grandchildren, including Evan Neutz.

"The rink is family entertainment and is fun for all ages," said Neutz. "A lot of generations come and skate together. It's still the same place from the 1970s. It's timeless."

The generational span is evident throughout the rink, much of which is still original to its roots. You can have a birthday or graduation party in the King Arthur room that's been there since opening

day, while also sporting one of the rink's new 50th anniversary t-shirts available for sale in the gift shop. The medieval theming throughout the rink stems from Lloyd Neutz's own interests. As Evan Neutz stated, "He was way into Europe. He really liked it."

Sunrise Rollerland holds an average of 25 parties per week during its busy season and is home to two skating clubs – Triad Speed Skating and the Sunrise Artistic Skate Club. Touting the largest maple hardwood in Northern California, the entire floor was recently resurfaced in time for the planned 50th anniversary party this fall.

Polina Bardusova grew up skating at Sunrise Rollerland and has also worked as a cashier and snack bar attendant for one year. "It's fun here. The customers are nice. Coming in here, it just feels like the employees are nice and it's a good environment," stated Bardusova. "I feel like it's still fun. I came here in middle school, and then the older kids thought skating wasn't cool anymore. But I still think it's fun."

The maintenance of the rink is also impressive. "We've been told by guests we are the cleanest

roller rink," said Neutz.

A stroll around the building proves his point, with everything from original lighting fixtures to the brand-new arcade looking well-kept. However, one original feature of the rink won't be showing up to the anniversary party this fall. Locals may have noticed the rink's large coat of arms exterior sign has gone missing. While it seems logical to blame it on vandalism, the sign actually determined its own fate.

"It fell down," stated Neutz. "It was 50 years old and just fell apart."

The sign is already in the process of being replaced with a bolder, brighter version of the original as visitors breeze past it on their way inside to indulge in some true nostalgia. When asked what type of skates are most popular, Neutz emphatically voted for old-school quads, which make up the majority of skate rentals. The rink also offers inline skates.

Sunrise Rollerland continues its 50-year tradition of offering various admission deals throughout the year so everyone can afford to come skate. It is a participant of the national Kids Skate Free program, and group rates are available. The rink also holds plenty of theme nights including Retro Night Skate, Christian Music Nights, and Flashlight Skate.

Neutz noted that 50th anniversary plans are still in the works, but they are planning a large event in November. Updates will be posted on the rink's website and Facebook page. Patrons of Sunrise Rollerland are invited to send in photos and videos of their time at the rink over the past five decades to sunriserollerland.manager@gmail.com.

Until then, skaters young and old can enjoy one of the rink's summer sessions. Admission prices range from \$6-\$11, and skate rentals are \$4 for quads and \$5 for inline. Skating lessons are also available for those new to wheels. ★

Meet the 45th Honorary Mayor Candidates



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce



Fair Oaks Honorary Mayor candidates Katie Yount, Jen Rodriguez, and Josh Hall. Photo courtesy of Kimberly Pitillo

The race for the 2023-2024 Fair Oaks Honorary Mayor is on! This year, three candidates are competing for the title and gearing up for an exciting "fun"-raising summer. Who will win? It all comes down to which candidate can raise the most money for their charity of choice through Sept. 29, 2023 (every dollar donated counts as one vote). Proceeds raised by each candidate are split 50/50 with the community and with the Fair Oaks Chamber of Commerce to help fund programs and events. To date, the annual Honorary Mayor race has raised more than half a million dollars for the community.

Meet the candidates...

Josh Hall is the Executive Director of the Orangevale-Fair Oaks Community Foundation. He and his wife, Kelly, have three children and two dogs. Josh is raising funds for the Orangevale-Fair Oaks Community Foundation to help feed, clothe, support, and serve the Orangevale and Fair Oaks communities through the Foundation's programs.

Jen Rodriguez is the current 44th Fair Oaks

Honorary Mayor. Last year she raised more than \$13,000 for the Fair Oaks Youth Advisory Board and for Family FreeRide. Jen is the sole business owner of Skinned and Lashed located in the Fair Oaks Village. This year, she is raising funds for Stars and Stripes Dog Rescue, which is a local non-profit whose mission is to rescue "at risk" shelter dogs and train them to serve veterans suffering from PTSD.

Katie Yount is a State Farm agent in Fair Oaks and was named the Chamber's 2022 Citizen of the Year for her on-going support of different non-profits throughout the year. Katie and her husband, Marlon, have two children. As a Fair Oaks Rotary Club member, Katie is raising funds the Rotary's Community Grant program, which supports smaller local non-profits and schools.

The winner will be announced on Oct. 12. In the meantime, check out some of the fun events each candidate has planned this summer at Fairoakschamber.com

The Restful Roost Hosts June Chamber Mixer

"Nappy Hour" was a fitting theme this month at the June 14th Fun After Five mixer hosted by mattress store owner Heather Ford (otherwise known as Mattress Mama). Fair Oaks Chamber Executive Director Kimberly Pitillo and the Chamber's Board of Directors were on hand for a special ribbon cutting event held at Heather's shop, The Restful Roost. In addition to providing innovative high-tech mattresses, Heather offers a range of mattress accessories including frames, covers, protectors, sheets, pillows, and more.

Heather is a single mom with two children. She got started in the business four years ago and had to get creative when COVID hit. "I started selling mattresses out of a storage unit and figured if I can do that, I can open a store."

The Restful Roost is located in the Village at 7977 Park Drive, Fair Oaks. Give her a visit or call (916) 541-5618 for an appointment. ★
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High-Speed Charging Hub Ready New Ace Hardware Opens June 27



From left: SMUD Board Vice President Rosanna Herber; Sacramento Regional Transit General Manager and CEO, Henry Li; SMUD Board President Heidi Sanborn; GiddyUp EV Power Mike Corbera; Mike Calise, Tritium America's President; Chris Jerome, GiddyUp EV Charging, Founder and CEO. Photo courtesy of SacRT

SacRT News Release

SACRAMENTO, CA (MPG)

- On June 14, 2023, the Sacramento Regional Transit District (SacRT) along with GiddyUp EV Charging, Inc. and the Sacramento Municipal Utility District (SMUD) officially unveiled a new high-speed electric vehicle public charging hub at the Power Inn light rail station.

This public-private partnership offers a state-of-the-art charging solution for Sacramento's emerging electric vehicle market, aimed to meet the region and state's sustainability goals, and provide a revenue sharing model for SacRT.

The Charging Hub is a large-scale network of Level 3 charging stations that provides the ability to charge both passenger and commercial vehicles simultaneously, and dramatically faster than the Level 2 chargers found in the majority of public charging stations. The new Charging Hub occupies 20 underutilized parking spots in the Power Inn light rail station. The

Charging Hub will serve everyday drivers and commercial fleets alike, with several spots designed to accommodate large fleet vehicles such as buses and semi-trucks.

SMUD estimates that there will be nearly one million electric vehicles in the region by 2040.

"California continues to lead the nation in setting big, bold climate goals and building the clean energy infrastructure required to make the transition from fossil fuels," said California State Treasurer, Fiona Ma. "Projects in local communities, like the Power Inn station charging hub, make electric vehicle adoption more attractive and charging more convenient for existing owners. It's projects like this that help California solidify its position as the country's leader in zero emissions vehicle integration into our way of life. Congratulations to SacRT, SMUD, and GiddyUp EV Charging on a successful public-private partnership!"

As a member of the State Assembly in 2011,

Ma authored AB 631 which placed into law a California Public Utilities Commission decision not to regulate EV charging stations as utilities.

"This public private partnership is delivering state of the art charging solutions to help us meet the region and state's sustainability goals, while providing revenue sharing for SacRT. Offering a mobility hub for multiple transportation modes at our light rail stations is an excellent way to connect riders and enhance our stations," said SacRT General Manager/CEO Henry Li.

"It's projects and partnerships like this that will increase EV deployment and help us expedite the transition to a carbon free economy," said SMUD General Manager and CEO Paul Lau. "Locating a fast-charging hub along a major thoroughfare helps increase access to varied forms of clean transportation. At SMUD we are partnering with our customers and community to bring electrification to under resourced communities, and this hub provides a bridge to get there."

GiddyUp EV Charging, Inc. is financing the purchase and installation of some of the fastest DCFC/Level 3 chargers in the industry, which will have the ability to recharge light and medium vehicles simultaneously in minutes compared to Level 2 chargers that may take hours. The Charging Hub is brightly lit and offers customers a high-tech security system using high-definition video cameras and real-time monitoring.

Learn more at sacrt.com/charginghub ★



The interior aisles of the new Citrus Heights Miller's Ace Hardware.

Continued from page 1

Retirees, high school students from nearby Bella Vista High School, and adults and teens with cognitive difficulties like her son Miller, were recent hires.

The new store was formerly home to Beverly Fabrics, and now fills a prime anchor location in the neighborhood retail center located on the border of Citrus Heights and Fair Oaks, near the corner of Madison Avenue and Fair Oaks Boulevard in Citrus Heights. The site had been vacant for more than six years.

The shopping plaza, Almond Orchard, is owned by Sacramento-based Ray Stone Inc. and was built in 1986.

"We're excited Ace Hardware will soon be opening in the Almond Orchard Plaza," said Natalie Hinkel, vice president for commercial services for the property owner, Sacramento-based Ray Stone, Inc. in an earlier interview with the Messenger. "We've been looking a long time to find



Miller's Ace Hardware owner Jessica Rowell Greenfield shows off the paint department of the new Citrus Heights hardware store.

the right anchor tenant." Hinkel said Ray Stone Inc. continues to look to fill four individual commercial spaces in the plaza just adjacent to the new Ace Hardware, totaling some 10,000 square feet suited for either office or retail use. Lyons Real Estate, which once occupied the largest space, vacated the plaza several years ago.

The new Ace Hardware joins a mix of other long-standing community-oriented tenants in the plaza including The Moth

Hole Consignment Store, Pastry Heaven, KORK Sips & Snacks wine bar, the Lil' School which has over 100 preschool, kindergarten and summer camp attendees at any one given time, Birchfield Jewelers, a Vitalant blood donation Center, Fabian's Italian Bistro, Lafitte Music School, Del's Pizza and the El Gallo Mexican Restaurant.

Almond Orchard Shopping Center straddles the boundary line between Citrus Heights and Fair Oaks. Rowell-Greenfield said she expects her new store to draw customers from both communities.

"We're looking to become very involved here, especially as our store becomes a helpful, friendly destination for the community," she said.

The public is invited to follow Miller's Ace Hardware at 8077 Madison Avenue in Citrus Heights for opening date information on social media and at millersaceistheplace.com

Ace Hardware has more than 5,600 locally-owned stores in all 50 states and 65 countries. ★



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California Museum Presents "Black Pioneers" Quilt Exhibit



"Annie Box Neal" by Sandra Noble. 2021, Warrensville Heights, Ohio. Credit: Sandra Noble, Annie Box Neal, 2021, ©Sandra E. Noble.

California Museum News Release

SACRAMENTO REGION, CA (MPG) - The California Museum announces the opening of "Black Pioneers: Legacy in the American West," a timeline of original pictorial quilts exploring the path of Black history in the West. On view from June 10 through October 1, 2023, the exhibit dispels the myth that Black people in the old West were mostly cowboys, showing the rich diversity in African Americans' occupations and achievements in society, religion, education and the arts from 1528 through the Civil Rights Movement.

Organized by The James Museum of Western & Wildlife Art and curator, historian and artist Dr. Carolyn Mazloomi, *Black Pioneers* features 50 quilts created for this exhibit by the Women of Color Quilters Network.

"Quilts and quilt making are important to America and Black culture in particular because the art form was historically one of the few mediums accessible to marginalized groups to tell their own story, to provide

warmth for their families and to empower them with a voice through cloth," said Dr. Mazloomi.

Quilts were chosen as the exhibit's visual medium because they highlight the intersection of African Americans in the western frontier with the art form's important role in African American history. For African American women, quilts have always been at the core of artistic expression, taking form in their social, economic and spiritual lives.

"We are honored to host *Black Pioneers* at the California Museum," said Executive Director Amanda Meeker. "The quilts themselves are works of art, with elaborate materials and intricate details. The artistic and narrative elements of the quilts come together to create a powerful visual history lesson that we hope will leave visitors with an expanded view of Black history and American history."

For more information on the exhibit, visit <https://www.californiamuseum.org/black-pioneers>.

The James Museum of Western & Wildlife Art, located in St. Petersburg,

Florida, provides experiences that inspire human connection and transformation through art depicting the peoples, landscapes and history of the American West, and wildlife of the world. The museum engages the community through programs and educational opportunities, for all ages, that bring our history to life and amplify voices that are not often at the forefront of mainstream Western art.

Dr. Carolyn Mazloomi's own quilts have been exhibited extensively nationwide. She also has curated 21 exhibits of quilts made by members of the Women of Color Quilters Network, a non-profit she founded in 1985 to educate, preserve, exhibit, promote and document quilts made by African Americans. Among the exhibitions she has curated is *Still We Rise: Race, Culture and Visual Conversations*, which visually surveys 400 years of African American history. The largest traveling exhibit of African American quilts ever mounted, it appeared at the California Museum in 2018.

The California Museum—home of the California Hall of Fame—focuses on the state's rich history, its diversity and its unique influence on the world of ideas, innovation, art and culture. Through interactive experiences, the Museum inspires visitors to make a mark on history. Located at 1020 O Street in the March Fong Eu Secretary of State complex, the Museum is open Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday 12 p.m. to 5 p.m. General admission is \$8-\$10. Plan a visit at <https://www.californiamuseum.org> ★

SMUD to Hold Public Workshops on Proposed Rate Action

SMUD News Release

SACRAMENTO REGION, CA (MPG) - The SMUD Board of Directors is holding two public workshops and a public hearing to discuss proposed rate changes.

The Chief Executive Officer & General Manager's Report and Recommendation on Rates and Services, released by SMUD CEO & General Manager Paul Lau, outlines a proposed rate increase of 2.75 percent on January 1, 2024; May 1, 2024; January 1, 2025; and May 1, 2025. The proposed changes also include additional non-retail rate revenue to assist qualified customers on the Energy Assistance Program (EAPR) rate at 0-50 percent of the Federal Poverty Level, and other miscellaneous rate changes.

While SMUD works hard to control costs and operate efficiently, the need for a modest rate increase is attributed to several factors including wildfire prevention and mitigation, new generation projects, higher commodity costs for California clean energy compliance, infrastructure investment to maintain a reliable grid, customer programs, inflation and

increased operating costs.

SMUD is committed to keeping rate increases within inflation, and if the proposed changes are approved, SMUD's rates would remain among the lowest rates in the state—currently on average about 47 percent lower than neighboring PG&E's rates.

Detailed information on the proposed rate action and a complete copy of the Chief Executive Officer & General Manager's Report and Recommendation on Rates and Services can be found on smud.org/RateInfo.

SMUD will work closely with customers and other stakeholders—including community groups, service organizations, business groups, elected officials and more—to discuss these changes.

In addition, two public workshops and a public hearing will be held for customers to learn more about the process and comment on the proposed changes. Meetings will be held in-person and virtually via Zoom.

Public Workshop
Thursday, July 13 at 10 a.m.

Public Workshop
Thursday, August 3 at 5:30 p.m.

Public Hearing
Wednesday, August 30 at 6 p.m.

Accommodations are available for disabled individuals. If you need a hearing assistance device or other aid, or have questions about the proposal, please visit smud.org/RateInfo or call SMUD at 855-736-7655. Written comments can be emailed to contactus@smud.org or mailed to SMUD, P.O. Box 15830, B256, Sacramento, CA 95852-0830.

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity to Sacramento County for more than 75 years. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies and for its sustainable solutions for a healthier environment. Today, SMUD's power supply is on average about 50 percent carbon free and SMUD has a goal to reach zero carbon in its electricity production by 2030. For more information on SMUD's Zero Carbon Plan and its customer programs, visit smud.org. ★

Wanted Fugitive Nida Muhammad Niazy Returned to Sacramento County

FBI News Release

SACRAMENTO, CA (MPG) - On May 30, 2023, Federal Bureau of Investigation (FBI) Sacramento Field Office special agents returned wanted fugitive Nida Muhammad Niazy, 32, to Sacramento County to face multiple sexual assault charges. Niazy was booked into the Sacramento County Jail and is currently awaiting his initial appearance before the Superior Court of California, County of Sacramento.

With the assistance of the FBI Berlin Legal Attaché and the International Criminal Police Organization (INTERPOL) Germany, Niazy was apprehended by Landeskriminalamt Schleswig-Holstein, near Eutin, Schleswig-Holstein, Germany, on February 23, 2023, pending extradition.

"The FBI is eager to help our law enforcement partners ensure those accused of crimes can and will answer to charges, despite their efforts to flee," said Special Agent in Charge Sean Ragan of the FBI Sacramento Field Office. "We thank our international partners and the FBI International Operations Division for assisting us with our effort to apprehend Mr. Niazy."

Niazy's return to Sacramento County to face prosecution is funded by the United States Government's "Project Welcome Home," which provides funding to assist

in the transportation of federal fugitives to the United States.

Niazy is alleged to have sexually assaulted two people last fall. The Sacramento State Police Department, which serves the California State University, Sacramento campus community, and the Sacramento County Sheriff's Department investigated the assaults. The Sacramento County District Attorney's Office is prosecuting the case.

The FBI obtained a federal arrest warrant for unlawful flight to avoid prosecution on December 14, 2022, following the FBI's discovery that Niazy had taken a commercial flight from San Francisco to Switzerland, on November 5, 2022. The Sacramento State Police Department, Sacramento County Sheriff's Office, and FBI Sacramento Field Office worked collaboratively to locate and apprehend Niazy.

The FBI continues to collaborate with its law enforcement partners to apprehend criminals charged with state crimes who then flee the jurisdiction. Cases seeking information from the public, including fugitive matters, are posted on the FBI Sacramento Field Office's Most Wanted page and FBI Most Wanted app. Anyone with information that may aid these cases may contact their local FBI office, United States embassy, or submit information online at tips.fbi.gov. ★

Medical Director Under Arrest for Sexual Assault in Facility

Sacramento County Sheriff's Dept. News Release

CARMICHAEL, CA (MPG) - On April 26, 2023, the Sacramento County Sheriff's Office received a call for service at the River Pointe Post-Acute Care Facility on Fair Oaks Boulevard regarding a report of a sexual assault. The victim, an employee at the facility, alleged that her boss, Dr. Rachandeep Singh, touched her sexually against her will.

Dr. Singh was removed from the facility by their administration. Singh was identified as the facility's medical director, and detectives learned he oversaw at least two other facilities as the medical director in the City of Stockton and the San Joaquin County areas. Based on the subsequent investigation results, the Sacramento County District Attorney's Office elected to file felony

sexual battery charges against Singh and issued a warrant for his arrest.

Singh was arrested on June 17, 2023, by the San Francisco Police Department at the San Francisco International Airport. He was booked into custody at the San Mateo County Jail but released on bail the same day. He is scheduled to appear in court in Sacramento on August 17, 2023, at 3:00 PM. Due to Dr. Singh's position in several areas throughout the region, Detectives are looking for other potential victims.

Detectives are asking anyone with information about this incident or other incidents to contact the Sheriff's Office at (916) 874-5115 or Sacramento Valley Crime Stoppers at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com or by calling (916) 874-TIPS (8477). ★

Defendant Sentenced for DUI-Involved Murder of Bicyclist

Sacramento County DA News Release

SACRAMENTO COUNTY, CA (MPG) - The Honorable Allen Sumner sentenced Armando Moreno-Rodriguez to 16 years to life in prison. On March 20, 2023, a jury convicted Moreno-Rodriguez of the second-degree murder of Michael Dodson, gross vehicular manslaughter while intoxicated, hit and run, and driving on a suspended license.

Moreno-Rodriguez had three prior misdemeanor convictions for DUI and was given a Watson advisement, which is an advisement that driving

under the influence is extremely dangerous to human life and might lead to a charge of murder if someone is killed as a result. In June 2021, Moreno-Rodriguez drove through a main gate and onto the American River bike path. He drove at speeds of 35 mph for approximately 4 miles before colliding with a cyclist, who was a member of the Sacramento Wheelman. After the collision, Moreno-Rodriguez kept driving until his car shut down due to the damage. The victim suffered major injuries and eventually died one month later. Moreno-Rodriguez's blood alcohol level was .27. ★

Art and Music Festival

Citrus Heights Arts, in collaboration with Sunrise Marketplace and Marketplace at Birdcage is thrilled to present **ArtBeat, Art and Music Festival!**

July 15th and August 19th
11-am to 3pm

Birdcage Shopping Center
5975 Birdcage Centre Ln, Citrus Heights, CA



An exciting event filled with art, music, and fun. Join us for a day of creative expression and entertainment!

This Event is FREE to the Community!

To participate as an Artist, Vendor or Musician, go to citrusheightsarts.org/artbeat

Sac County Opens Welcoming Centers for Foster Youth

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On June 16, 2023, Sacramento County's Department of Child, Family and Adult Services (DCFAS) will open three Welcoming Centers for foster youth to stay while the department searches for suitable homes and therapeutic programs to meet their needs. The centers are homes located in residential neighborhoods and staff will provide temporary shelter care for up to six children. The goal of the Welcoming Centers is to ensure a safe and supportive environment during the transition process.

DCFAS has submitted licensing applications to the California Department of Social Services Community Care Licensing (CCL) division for each of the houses. The centers will be operated by County staff temporarily while we increase capacity in home-based settings that have trained resource parents who are equipped to meet the needs of our youth. The centers are part of a larger effort by Sacramento County to facilitate timely placements, especially for teens and siblings who may take longer to find suitable home-based settings that fit their needs.

The County has been making significant efforts to transition youth out of the Warren E. Thornton Youth Center (WETYC) and into appropriate home-based placements. Placements are currently being identified or have been identified, for all youth at the facility. Unfortunately, a number of youths have chosen to exercise their right to refuse placements that have been located. These youth have experienced significant past traumas with their families and in home-based family settings that have been unable to meet their needs. Many have also been ejected from congregate care settings and may experience significant stress and difficulty when moving to new environments.

We acknowledge that children thrive in family environments, but we must respect their rights and provide them with the supports they need to increase their willingness to go to a placement. We work collaboratively with the child's counsel, community-based providers, advocates, and natural supports to accomplish this mutual goal. For the few youth that refuse identified placements, or for whom it takes

longer periods of time to find a placement, the Welcoming Centers will provide a safe community-based environment, while the department continues to work diligently to find placements and supports that can meet their needs.

Sacramento County is in the process of building a comprehensive system of care, supervision and supports for youth needing to be in short-term, safe, temporary care. Over the next six months, we will establish a number of emergency family homes that will be able to support individual children, sibling groups and youth with complex needs. We are grateful to our community-based partners who have stepped up to help us build this continuum so we can better support our youth.

"Sacramento County is not alone in facing difficulty finding safe, service-rich placements for youth with significant trauma and service needs that cross multiple systems," said Cathy Senderling-McDonald, Executive Director of the County Welfare Directors Association of California (CWDA). "This is a significant issue both statewide and across the nation." Find the full statement from CWDA regarding the need for service-rich placements for foster youth with complex needs here

In addition, DCFAS is developing prevention and early intervention strategies that will build on our long-term community-based investments in prevention services. The goal is to align with the statewide and national effort to establish a comprehensive framework that promotes child and family well-being by addressing social determinants of health, supporting families and addressing childhood trauma at an early age, while also connecting children and families to services and natural supports. Taking this approach can help prevent contact with the child welfare and juvenile justice systems.

We have been working closely with other child and family serving partners, including education, behavioral health, human assistance, juvenile justice, Alta Regional Services and many community-based providers to meet the immediate needs we are facing, while also developing the comprehensive system of prevention and early intervention. ★



Family Business? Keep it Professional

Dear Dave,

My father isn't involved with our family-owned business anymore, but he's still a one-third owner and insists on taking a salary. This situation has begun to cause problems for other members of the family, and I was wondering what your take is.

– Tracy

Dear Tracy,

If I understand correctly, three owners form the board, and you three direct the management and leadership of the company. That means if your dad gets outvoted on something, he must accept it because he's a minority owner. As an owner who is no longer actively involved in the company, he should be getting a distribution of the profits—not a salary.

Dave Ramsey Says

Specifically, one-third when the profits are distributed.

Let me give you a visual. Draw three concentric circles so that they all overlap in the center. It should look a bit like the Olympic symbol—a Venn diagram. In each circle, write "owner," "management and leadership" and "family." This is a standard family-business diagram. Most problems in family businesses come when someone forgets which circle they're in. You could be a member of the family but not have any ownership or be in leadership. You could be in leadership but not be part of the family or be an owner. You could also be a member of the family and be an owner but not work at the company. That would be your father.

I think you guys need to reset things in your business. It's time for the working owners to sit down with your father and have an adult conversation. The discussion should be professional and gentle and go something like: "Dad, we all set this up in the beginning. But we've

made some mistakes. We shouldn't be paying a salary to people who don't work in the business. You've been repaid for your venture money, and from now on, you'll be getting a distribution of profits instead of a salary. We think this is fair and reasonable, but if you don't agree, we can discuss buying you out of your third of the company."

It sounds like things are already strained, but you've got to have a professional setup within the business. Do your best to be respectful and reasonable with your father. But you need to get this sorted out and agreed on before it causes any more hard feelings.

– Dave

**Leadership and small-business expert Dave Ramsey is the CEO of Ramsey Solutions. He has authored eight national bestselling books, including "EntreLeadership," and is a host of "The Ramsey Show" and "The Entrepreneurship Podcast."* ★

A Glimpse Of Hope



By Marlys Johnsen Norris, Christian Author

When a person has but a tiny glimpse of who God really IS - they begin an honest personal search to learn more. God's Holy Spirit draws them closer and closer to who He truly IS that never ends during their lifetime. Because our finite minds can only accept so much and He knows all about our ability to understand and accept He teaches us individually at our rate of intelligent acceptance.

This is why every single one of us are on an individual personal journeys in our walk to know and love God with our whole heart. This is why we Christians are all just a bit different from one

another and why we seem to choose different churches to learn about God and to honor Him in our lives. We believe but grow on different time tables!

When we really understand and accept the magnificent magnanimous and powerful manifestation of God in our lives we realize He is our divine Creator. God IS love! He knows absolutely everything about us. He has designed each individual life to help us to grow in the knowledge of His personal loving care for us.

We learn that the "Holy Bible is God's Book of Love" to teach us about the best life possible. We begin to understand that going to church helps us to really know God better. Jesus Christ becomes our personal Savior and Lord of our lives. We learn the promises of God as we grow in our knowledge about Him. He is so personal and speaks to all of us. Words of the Bible

put His instruction clearly. *"Delight thyself in the Lord and He will give you the desires of your heart."* (Psalm 37:4)

God's Holy Spirit enters and teaches us exactly what we need to learn. God gifts us with the gift of eternal life as well as a special gift of service to reach others and honor and glorify Him in our lives.

We realize Almighty God is great and All knowing. With Him there are no secrets, He knows the beginning and the ending of our lives. All our decisions are guided by His hand and there are not secrets. His teachings help us to love, know and honor Him in our lives. His love birthed in us and we desire that He will receive all the glory for whatever He has done in and through our lives

*Marlys Johnsen Norris Author, Stephens Minister, Teacher
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COBRA, Health Insurance, Covered California, Medicare: Researching Plans

By Tim Coughlin



If you've been covered by group health insurance through your employer for a while and now find yourself in need of getting your own health insurance or choosing between COBRA, Covered California, or Medicare, evaluating the numerous options can feel overwhelming.

Determining plan premium costs, Covered California "Premium Assistance" amounts, Medicare costs based on income, plan deductibles, copays, out-of-pocket maximums, and making sure the doctors you want to see accept the plans are essential to making a good decision. Not being familiar with all the rules, enrollment deadlines, provider network, and the pros and cons of each option can result in paying more than you need to or getting coverage that doesn't best meet your needs.

The services of a local insurance agent can help make the process of choosing the right plan easier by saving you a significant amount of time and effort trying to sort out all the options. People new to this process may not know that they don't pay fees for the services of an independent agent. Instead, agents are paid by the insurance companies.

When looking for an agent, you will want to consider what the agent specializes in since insurance agents can represent various kinds of policies as well as how long they have been in the industry. Reading their reviews can help you learn more about their quality of service.

If you work with a "captured" insurance agent who only represents one carrier, you may miss out on more affordable policies or plan options with stronger coverage. By working with an independent insurance agent who represents multiple carriers, you'll be provided with several coverage options to consider. And when you work with your neighborhood insurance agent, you will also benefit from their knowledge of the local market and can count on their services for the years to come.



Tim Coughlin is an award-winning independent agent in Gold River specializing in Medicare and health insurance for over 35 years. He can be reached at (916) 346-4417, by email at tim@summitindins.com, or through the agency website; summitindins.com. (LIC # 0669552)

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Board of Supervisors Appoints Director of Finance

Continued from page 1

be the CAO/CEO," and the International City/County Management Association (ICMA) Effective Supervisory Practices course. He is a member of the Yolo County Deferred Compensation Committee, and most recently has

served as the Committee Chair. He is also a Director of the California Cannabis Authority, a Commissioner of the California Uniform Construction Cost Accounting Commission, and a coach for the Sacramento Valley Leadership Academy. ★

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With Mary Jane Popp

Fun Bang Day

HAPPY (BANG BANG) 4TH OF JULY!!! It's here and time to celebrate the birth of our nation, or Independence Day, when the Continental Congress voted in favor of independence. It actually happened on July 2, 1776 when the Declaration of Independence was adopted. But what's a couple of days anyway. And it's been a federal holiday since 1941. So it is that the United States and Great Britain parted ways. Here are a few fun facts connected with that fateful day.

Only John Hancock signed the Declaration of Independence on July 4, 1776. All the others signed later. The Declaration was signed by 56 men from 13 colonies. The average age of the signers was 45 from the youngest Thomas Lynch from South Carolina at 27 to the oldest Benjamin Franklin from Pennsylvania at 70. One out of eight signers was educated at Harvard...7 total. The only two signers who later became President of the United States were John Adams and Thomas Jefferson. The stars on the original American flag were in a circle so all colonies would appear equal. President John Adams, Thomas Jefferson and James Monroe all died on the fourth. Adams and Jefferson died on the same day within hours of each other in 1826. Benjamin Franklin proposed the turkey as the national bird, but was overruled by John Adams and Thomas Jefferson who recommended the Bald Eagle. In 1776, there were 2.5 million people living in the new nation. Today the population is over 330 million. Fireworks are part of the tradition of celebrating this national holiday.

But please only legal fireworks and be respectful of where you shoot them off. Always enjoy BBQ and hot dogs to chicken and ribs. Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies. Traditions place the origins of the song "Yankee Doodle" as a pre-revolutionary War song originally sung by British military officers to mock the disheveled, disorganized colonial "Yankees" with whom they served in the



4th July

French and Indian war. It's believed the tune comes from

the nursery rhyme Lucy Locket. The tune of the National Anthem was originally used by an English drinking song called "To Anacreon in Heaven." The words have nothing to do with consumption of alcohol but the melody was what Francis Key had in mind when he wrote the words we sing today. But it is kind of funny they originated as the melody for a song praise of wine.

We are better today than we have been for the last three and a half years with regard to the pandemic. But it's not all gone away and we should still be mindful there are viruses still hanging in the air. Did you know the Spanish Flu as it was called in 1918 is still with us? Let's say a prayer that we do not have to face another covid ever. Stay safe and celebrate to the MAX, but keep in mind it's the birthday of our nation!

HAPPY FOURTH!!!

Orangevale History Museum Announces Grand Opening



OV History Project volunteers are working hard to get ready for the grand opening July 15th! Photo courtesy of Deanna Maddock

By MaryAnne Povey

ORANGEVALE, CA (MPG) - You're invited to make history by attending the official grand opening of the Orangevale History Museum, a much anticipated effort coordinated by the Orangevale History Project (OHP). The Orangevale Chamber of Commerce, along with other elected officials will be on hand for the ribbon cutting ceremony to mark the occasion.

The special event takes place Saturday, July 15, 2023, from 11 am to 4 pm. Guests can enjoy a tour of the museum and see exhibits showcasing Orangevale's history, including an interactive touchscreen, a gift shop, food, music, car show and more! The Museum

is located at 6920 Hazel Avenue, just north of the Orangevale Community Center.

"We are thrilled to finally share all the hard work that's been put into getting our Orangevale History Museum ready," said Mark Aring, OHP President, "It's been a long time coming, and we are so thankful for all the support of many volunteers and donors to make this day possible."

OHP is your historical society, newly formed in early 2022, with a mission to preserve, chronicle and promote the history of Orangevale, and to educate our community. To learn more about OHP or make a donation to help bring the history of Orangevale to the community, visit our website at OrangevaleHistory.org. ★

SacTax Challenges Pay Increase for Board of Supervisors



Commentary by W. Bruce Lee

On June 8, 2023, the Sacramento Taxpayers Association (SacTax) Board of Directors formally rebuked the Sacramento County Board of Supervisors for their recent decision to grant themselves a substantial 36 percent pay raise. Compensation would increase from \$127,000 per year to \$173,000 per year or by \$46,000. This action has captured the attention of the public and two primary reasons were given for this rebuke. First, considering the economic challenges the county is currently facing, the timing of the pay raise could not have been more inopportune. Second, the process of using the "consent calendar" for the passage of the pay increase in order to avoid public scrutiny is highly inappropriate. SacTax is dedicated to the highest levels of government transparency and meaningful government oversight by members of the public and media.

It is worth noting that while the vote in favor of the salary increase was nearly unanimous, one supervisor, Sue Frost, stood against the decision. Supervisor Frost recognized the inappropriateness of the pay raise given the burden of the recent pandemic and current inflation on the economy. In contrast, the remaining board members chose to reward themselves, which can be seen as a selfish move by many. Even more troubling, median income in Sacramento is only \$36,152 — so a County

Supervisor will make nearly 500% more than their constituents. In fact, the pay raise they just voted for themselves is \$10,000 more than the ENTIRE ANNUAL INCOME of many of their hard-working constituents.

This vote is an issue that is bound to generate controversy and divide opinions. On one hand, the board members justified the pay raise by citing the County Executive's advice to the Board that a substantial increase was necessary as some media outlets quoted that Supervisor pay had not increased since 1991. However, in examining the public record it is discovered that from just 2012 to 2022 (or 10 years) the Supervisors' base pay went up by \$34,000 a year, not counting a car allowance, pension, and higher pay for serving on regional committees and commissions that they appoint themselves to. That is a far cry from the claim that "Supervisors' pay hasn't changed since 1991."

Many Californians who have lost jobs during the pandemic will likely view the decision as tone-deaf at best and unjust at worst. The Board might argue that their work, which ensures Sacramento County is taken care of, should not go unrewarded, but the optics of their move in the present context could bring into question the decisions made by the supervisors. For example Alameda county was cited as compatible with Sacramento in population and was the basis for the 36% salary adjustment, yet housing prices which represent 40% of a household budget are double Sacramento County housing prices (\$1.1 million in Alameda vs \$550,000 for Sacramento County). The duplicity comes when the County Executive recommends raises for County staff using neighboring counties with lower costs of living than Alameda County to justify smaller

staff wage increases. Also shocking are the rumors of 25% wage increases for County Executives. This is outrageous.

According to SacTax President W. Bruce Lee, "Being on the Board of Supervisors is a public service, not a way to pad one's own pockets. We are not attracting candidates for public office because we offer a big salary. We are not trying to hire employees away from other companies as is done in the general marketplace. A reasonable wage is appropriate, but elected office is a service to the community and so many candidates run for public office for all of the wrong reasons — including money, ego, and fame. That's how we get career politicians. Our electeds need to serve in office out of sense of duty — not out a sense of personal gain. I can guarantee you that if we pay \$173,000 for a county supervisor, we will not get a better supervisor than if we pay \$127,000. And, we can find highly qualified people to serve for \$110,000. Money is not the issue and should not be the motivation. Public duty and service should be the reward in itself. Remember, that US Senators and Congressional Representatives are paid \$174,000 per year."

The Sacramento Board of Supervisors' decision to grant themselves such a huge pay raise is just inappropriate and wrong. Supervisor Frost, who vocalized her concerns and voted against the raise, deserves commendation, and the board needs to question County staff conclusions more and consider their constituents when making such decisions. SacTax hopes that during this budget season at the County the Board of Supervisors would revise downward their large spike in pay.

W. Bruce Lee is the President of Sacramento Taxpayers Association. ★

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Subscription rate is \$39 per year in Fair Oaks and Orangevale. The American River Messenger is published twice-monthly.
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The Spats



by Jeff Pickering

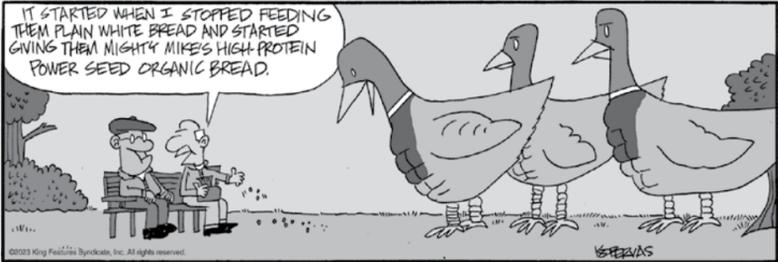


Amber Waves



by Dave T. Phipps

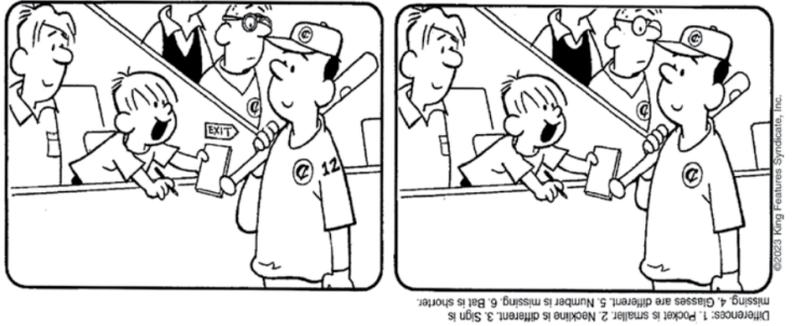
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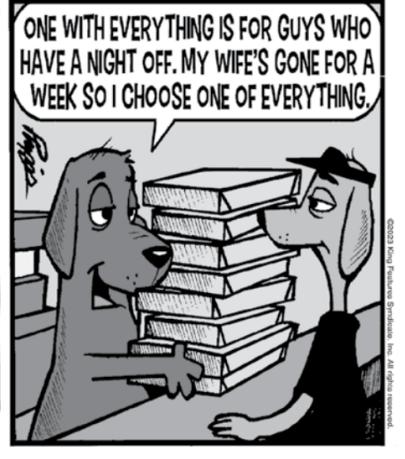
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Just Like Cats & Dogs

by Dave T. Phipps



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 - Top seed number
 - *Blood ____, diabetic's concern
 - *Food poisoning-causing bacterium
 - Galley tool
 - Sushi restaurant staple
 - *Giant sequoia, e.g.
 - *Measure of energy
 - Auction call
 - Animal coat
 - Tolstoy's first name, in Russian
 - *Plural of cecum
 - *Fastest growing woody plant
 - Footnote acronym
 - Mosquito net, e.g.
 - Attention-seeking
 - Skier's aid
 - Certain saxes
 - Sheltered, nautically speaking
 - *Wife's mother, e.g.
 - *"___ we forget"
 - Christian of haute-couture
 - Based on two
 - Colorado's neighbor
 - European Nuclear Society
 - Beauty salon sound
 - Official language of Laos
 - *Dissolving agent
 - *CSH1206
 - *Relating to trunk, neck and head
 - Lamb's momma
 - With clear mind
 - Itty-bitty
 - The Weather Girls' "It's Raining ___"
 - Fill with spirits
 - Ceases
 - Get the picture
 - Ascended
- DOWN**
- Design detail
 - Big name in gasoline stations
 - *Genus Panthera member
 - Improvise
 - Godlike
 - Point of entry
 - *Genetic information carrier, acr.
 - 8.9 a.m. prayer
 - Saturn's daughter, Roman goddess
 - Popular walking shoe brand
 - *Petri dish gel
 - The Wise Men
 - French appetizer
 - Scheherazade's listener
 - Swelling of human organs
 - Priestly garb
 - Book cover prototype
 - *Fatty acids
 - Piano key material
 - Pancho of Mexican Revolution fame
 - *Basic unit of life
 - Fermented honey libation
 - Misrepresent
 - Theater, to Socrates
 - Deed hearings
 - *Wanted" option
 - *Parasite's ride
 - Stable room
 - Sagely
 - Major news network, acr.
 - Cargo carrier
 - Agenda entries
 - Round openings
 - Fill to satisfaction
 - Ox, pl.
 - What Pinocchio did
 - Popular walking shoe brand
 - *Basic unit of heredity
 - South American tubers
 - Web location
 - Paradise garden
 - Like Willie Winkie

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CAL FIRE Encourages Safety as the Fourth of July Approaches

CAL FIRE News Release

SACRAMENTO REGION, CA (MPG) - With the Fourth of July holiday around the corner, state fire officials are stressing the dangers and consequences of using illegal fireworks. This Fourth of July, remember to celebrate responsibly. Protect your community by preventing fires and injuries caused by fireworks. Before you think about buying fireworks for your celebration, make sure they are permitted where you live. Fireworks purchased out-of-state are illegal in California without a license. Why not let the experts handle the fireworks show? You can easily grab a blanket, head to local fireworks show, and find the perfect patch of lawn to kick back and enjoy.

“With fireworks causing over \$25 million dollars in property loss in 2022, preventing fires and injuries caused by fireworks begins with you” said Chief Daniel Berlant, Acting California State Fire Marshal. “Don’t be the reason your Fourth of July holiday goes up in smoke”.

If Safe and Sane fireworks are legal in your area and you choose to use them, it’s important that you follow these safety tips:

Never use illegal fireworks; Make sure the firework has the State Fire Marshal “Safe and Sane” seal on it; Make sure the “Safe and Sane” firework is purchased from a licensed fireworks booth; Never allow young children to use or handle fireworks; Never use fireworks while impaired by drugs or alcohol; Never hold a lit firework in your hands; Never light fireworks indoors; Only use them away from people, houses, and flammable materials; Never point or throw fireworks at another person or animal; Do not try to re-light or handle malfunctioning fireworks; Soak both spent and unused fireworks in water for an extended time before discarding; Keep a bucket of water nearby to fully extinguish fireworks that don’t go off or in case of fire.

To learn more about fireworks safety, visit www.ReadyForWildfire.org/more/fireworks-safety/ ★

SMF Receives FAA Funding for Relocation of Air Traffic Control Tower



the U.S. Department of Transportation's Federal Aviation Administration (FAA) will provide funding for the Sacramento International Airport's (SMF) control tower replacement project. MPG file photo

Sacramento International Airport News Releases

SACRAMENTO, CA (MPG) - The Sacramento County Department of Airports is excited to announce the U.S. Department of Transportation's Federal Aviation Administration (FAA) will provide funding for the Sacramento International Airport's (SMF) control tower replacement project.

The tower's replacement will be funded through the FAA's \$5 billion Bipartisan Infrastructure Law (BIL) funds also known as the Infrastructure Investment and Jobs Act (IIJA), which was signed into law by President Biden on November 15, 2021. The law authorizes \$1.2 trillion for transportation and infrastructure spending with \$550 billion of that figure going toward "new" investments and programs.

The FAA has started investing the first \$1 billion of \$5 billion into the country's air traffic control system. The funding will sustain, repair, or replace hundreds of buildings and pieces of equipment that make flying in the United States the safest in the world.

“We are thrilled, and greatly appreciate the support we’ve received from everyone involved in this effort,” said Cindy Nichol, Sacramento County Department of Airports Director. “This new state-of-the-art tower will be a significant upgrade to the current facility that will enhance working conditions for air traffic controllers at SMF and ensure the continued safe and efficient management of aircraft operations at the Airport.

“Today’s announcement has taken over a decade of dedication and collaboration – and I am proud that we have secured this funding to build our new air traffic control tower at SMF.”

said Congresswoman Doris Matsui. “From the initial planning and design all the way to today’s announcement, I have fought to ensure that decisionmakers at the highest levels understood the importance of getting this project to the finish line. Cindy and her team are always looking at new ways to improve the travel experience and safety of our airport. That’s why I have been such a strong, long-time advocate for robust federal investments in their work. This new tower will continue to build on that progress and ensure our airport remains the gold standard for the nation.”

Congresswoman Matsui is a champion of the Sacramento County Airport System and has long advocated for a new SMF tower – dating back to 2006. She has made numerous requests to secure funding through the annual federal budget, repeatedly urging senior FAA officials to take action and making personal appeals to three different Department of Transportation secretaries. Her unrelenting advocacy has been critical to securing funding for a new tower.

The current tower at SMF is owned and operated by the FAA. It was built in 1967, is 130 feet in height, and is located just south of Terminal B at the Airport. Given that tower is one of the oldest towers in the country, the FAA is prioritizing replacing it with a new, 192-foot tower in a new location on the north side of the Airport.

The new tower will be 100 percent funded with BIL funds, which are fully appropriated. The expected timeframe to complete construction is 2026.

“As we invest in the future of our nation’s infrastructure, it is crucial that we prioritize the safety and efficiency of our airports,” said Representative Ami Bera. “The building of a new air traffic control tower

at Sacramento International Airport is a significant step towards modernizing our aviation infrastructure and ensuring a seamless and secure travel experience for all passengers. This investment not only enhances the safety measures at SMF but also creates job opportunities and strengthens our regional economy. I’m proud to help secure this critical funding through the Bipartisan Infrastructure Law which will support a safe and resilient transportation system for generations to come.”

The new tower will be constructed at a site located on the north side of the Airport. It will stand 192-feet in height and the current cost estimate is between \$60 to \$80 million.

“SMF remains a point of pride for Sacramento County, and with the recent news of available FAA funding for a new control tower, we can expect that our international airport will continue as the best of its size anywhere in the nation” said Supervisor Phil Serna whose district includes SMF. He continued by emphasizing that “safety and convenience at SMF are our top priorities, and a new state-of-the-art air traffic control tower will further enhance our ability to maximize both for the traveling public.”

The Sacramento County Department of Airports is responsible for planning, developing, operating and maintaining the county’s four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. Sacramento International Airport offers more than 155 daily nonstop flights on 12 domestic and international carriers to 36 destinations. The regional economic impact of the Sacramento County Department of Airports is more than \$4 billion annually. For more information, visit sacramento.aero. ★

Behavioral Health Services Provided for the Unhoused

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - It’s time to set the record straight on Sacramento County’s Behavioral Health Services for people experiencing homelessness, as well as two specific strategic plans to improve service coordination, collaboration, and funding among governments and non-profit partners.

The County is actively working to strengthen engagement and expand access to behavioral health services for the unhoused population with a variety of services and comprehensive strategic plans.

Strategic Plans to Improve Service Coordination and Collaboration Among Governments

The County, City of Sacramento, SHRA, and Sac Steps Forward (the local Continuum of Care lead agency for the Homeless Response System) adopted a Local Homeless Action Plan (LHAP) last fall. This plan includes strategies aimed at addressing behavioral health and substance use disorder services. Also, the Sacramento County Board of Supervisors recently adopted the AT HOME plan—developed by the California State Association of Counties. The plan addresses the lack of a comprehensive statewide approach to homelessness. The goal of the collaborative effort is to establish responsibility and accountability between state and local governments.

Sacramento County is committed to creating real change in our community while also promoting accountability. Sacramento County has numerous programs that provide care for the unhoused, including several services provided by behavioral health staff.

County Behavioral Health Programs and Services for the Unhoused

CORE Wellness Centers: CORE sites are located throughout Sacramento County in neighborhoods where services are most needed. CORE sites were specifically designed with community feedback in mind. The sites provide mental health outpatient services. Staff provides trauma-informed care to help patients. Services at the sites are flexible, and treatments are adjusted based on the patient’s personal journey. Each CORE site also has a community wellness center. The wellness centers are open to anyone in Sacramento County.

Homeless Engagement and Response Teams (HEART): The HEART team provides services in encampments and at shelters. The group includes counselors and people who offer peer support. The team works to build trusting relationships with unhoused individuals while meeting them where they are.

24/7 Mental Health Urgent Care Clinic: The clinic provides walk-in services to people of all ages who are experiencing a mental health or substance abuse crisis. The clinic has safe spaces for individuals and families.

Sacramento County’s Behavioral Health Services for the unhoused also include a Mobile Crisis Response Team to address immediate crisis needs in the community, and the Substance Use Disorder and Youth System of Care, among others.

Through these programs and the tireless efforts of the staff who provide these supports, the County is offering hope to those in need.

Recent Investments in Behavioral Health Services

Recognizing the importance of continued

investment in behavioral health services, the Board of Supervisors recently approved over \$78 million in additional Behavioral Health investments within the County, including expanding services to the unhoused community, enhancing supported employment services, justice-involved services, building out a second Mental Health Urgent Care, and developing a new Mental Health Treatment Center.

The 64-bed Mental Health Treatment Center will be located on Branch Center Road and is projected to begin operations by the end of 2026. Once it is operational, the capacity will be assessed to determine additional needs.

The County also applied for and was awarded \$21.5M for a youth crisis facility. The facility will include a 16-bed psychiatric health facility and a crisis stabilization unit with a capacity for up to 27 youths at a time.

Acute/Subacute Hospitalization Beds

While the County has successfully met the acute bed needs for psychiatric hospitalization and there is not a shortage of acute beds, a recent RAND report revealed a shortage of 253 subacute beds for the entirety of Sacramento County.

It is important to note that Sacramento County Behavioral Health is responsible for providing mental health services specifically to individuals who are Medi-Cal recipients within the County, rather than the entire County population. There are a total of 566 acute psychiatric hospitalization beds in Sacramento County. Of those, 98 are County-controlled beds (available solely for County Behavioral Health Services clients).

It is also important to note the difference between acute and subacute care. Individuals require an acute bed when they are considered a danger to themselves or others due to a mental health condition. Subacute beds are used when someone’s crisis has been resolved but they are still recovering, and in need of additional support and not ready for independent living. Subacute beds also help free up acute beds for other people in crisis.

Sacramento County Behavioral Health has taken immediate steps to increase subacute bed availability by expanding funding for contracts with out-of-county Mental Health Rehabilitation Centers (MHRCs). Available beds from these centers have been identified.

Addressing Homelessness: A County Priority

With these significant investments and efforts to expand behavioral health services, Sacramento County is taking action to improve the lives of unhoused individuals.

As Sacramento County continues its journey to deepen engagement and expand access to behavioral health services for the unhoused, it serves as an inspiring example of compassion and collective action.

Beyond behavioral health services, several other Sacramento County departments have programs aimed at helping the unhoused and those who are housing insecure, including the Department of Human Assistance and the Department of Homeless Services and Housing. By prioritizing collaboration, accountability, and comprehensive care, the County aims to make a lasting impact in addressing the mental health needs of this vulnerable community.

Through these efforts and support from the community, Sacramento County is paving the way for a brighter future aimed at providing unhoused individuals with the support they deserve. ★

Flights of Independence

Continued from page 1

first, the hatchlings were delicately beaked. As they grew, they learned to tear at flesh unaided. Fish and waterfowl were on the menu most days.

Alpha Storm was first to scramble outside the nursery and begin the process of branching. Flapping and building flight muscle, she navigated the tall pine. Early in this process, an incoming adult caused near-disaster by knocking the baby off her limb. Hanging by a talon, she clung to the nest underside – upside down – for 10 minutes. Eaglet resilience triumphed as she scrambled uphill, regained the basket and lunged, squealing, at dinner with her siblings. No peril, it seemed, dulls eaglet appetite.

One June morning, second sister Providence missed her footing and plummeted. Unready for flight, she nevertheless broke her fall with a few flaps and landed in brush a hundred feet below the nest. For a day, she flapped and flailed among flimsy buck-eye branches.

When she eventually hit ground level, the refugee hop/flitted across a shallow ravine to ascend an oak for her second night on the lam. She awoke hungry and managed a first deliberate fight to bluff-top trees. Later, still unfed, she ascended a pine snag and screamed to the heavens. Arriving in Papa’s talons, a squirrel was served picnic-style. When a second squirrel

came hours later, survival seemed sure. Strengthened by unshared provisions and continuous wing exercise, she flew home four days after her fall. A fat trout was the incentive. You can only eat so much squirrel.

Alpha Storm’s fledge – a fast lateral loop and flawless re-landing – went almost unnoticed during the middle-sibling’s drama. Baby Fortune flew the coop about 13 days after the eldest eaglet’s on-time flight. Their future includes gradual weaning from parental provisions and finding new territory. In time, I predict, there will be eagles up and down all Sacramento river systems.

The comeback of our national bird from near-extinction in the 1970s cannot be better illustrated than by this American River family. During seven seasons – in territory where their species was previously unknown – one couple has hatched and dispatched 15 eaglets to continue their resilient line.

Like the nation whom their image represents, these babies are bred to be resourceful, independent and above all, free.

God Bless nature. And God Bless America.

Footnote: in the interests of safety for these protected birds, the nest location is not revealed. ★

5 Over 50 Award Recipients Honored

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Eighteen people were nominated for Sacramento County's 5 Over 50 Award, which recognizes volunteers in the County who are over the age of 50. During the Tuesday, May 23 Board of Supervisors meeting, Sacramento County's Adult and Aging Commission honored all of them.

Some of the award recipients wanted to share why they volunteer. They also wanted to highlight what they do to help others in Sacramento County.

One of the volunteers who was honored is John Seigal. He is a member of the Kiwanis Club of Rancho Murieta. He also volunteers at the Elk Grove Food Bank and the California State Railroad Museum. John has volunteered over 28,000 hours at the State Railroad Museum since 1999. John says he enjoys staying busy.

"I'm enjoying my life. I get up every morning and I have something to do," he explained.

John says being retired doesn't mean you have to lose your sense of purpose. He encourages older adults to get out and find ways to stay involved in their community.



The 5 Over 50 Award recognizes volunteers in the County who are over the age of 50. Photo courtesy of Sacramento County

"When you get to retirement age, what's the purpose in life? To sit around the house all day? No. Choose to volunteer, do what you want to do, and bloom where you're planted. Find out about all of the new things happening. Share your wisdom now that you are older," said John.

Howard Hatch is another award recipient who loves history. He volunteers at the Sacramento History Museum. During the pandemic, he became a TikTok celebrity. Videos of Howard running the old printing press went

viral. Now, he uses the videos to teach people around the world about his volunteer work and Sacramento's history. His fellow volunteer at the museum, Jared Jones, makes the videos. People love watching Howard so much, viewers have donated thousands of dollars to the museum. But Howard says he doesn't volunteer or star in the videos for the fame. He loves running the printing press and teaching younger generations about history.

"I always figure, if you want to know something

about what you're doing right now, you need to see where it came from and how it developed," said Howard.

Howard started volunteering at the Sacramento History Museum more than 20 years ago. Right now, he has no intention of slowing down. He plans on creating more videos to continue educating people. Those who have volunteered with Howard say they are thankful for his dedication to the museum and want to recognize Howard for bringing so much attention to the museum.

Award recipient Marilyn Lewis was recognized for her dedication to keeping her community safe. She serves as Neighborhood Watch Coordinator in her Old Foothill Farms neighborhood. She's helped coordinate the community watch efforts for more than 11 years. She also goes out of her way to make new neighbors feel welcome by sending them letters.

"Marilyn is reliable, trustworthy, honest, and extremely loyal to our neighborhood. Our safe community is a testament

to her dedication," said Susan Holtgrave, who nominated Marilyn for the 5 Over 50 Award.

Award recipient Ed Stone was a math teacher before he retired. Now, he uses some of those skills to build handrails to help older adults and people with mobility issues. Ed Stone has volunteered at Rebuilding Together Sacramento for 20 years. Rebuilding Together helps vulnerable residents live in safe, healthy, efficient homes and neighborhoods. Fellow volunteers wanted to recognize Ed not just for his work but also for his personality. He is known for being a joker and cheering up those around him.

Other award recipients include:

Daniel Aderholt, Mark Baker, Mark Harrington, Dr. Ali Tucker Lichtenstein, Jayasri Mechineni, Nancy Woo, Sharon Ruffner, Carol Stirnaman, Maggie Roehm, Jeanmarie Willbee, Corecia Davis, Wayne Harmer, David Ishikawa, and Teresa Kahl.

Sacramento County's Adult and Aging Commission thanks all of the 5 Over 50 Award recipients for their dedication to making Sacramento County a great place to live. ★

Aerospace Museum of California Named 2023 Nonprofit of the Year

Office of Assembly Member Josh Hoover

MCCLELLAN, CA (MPG) - The Aerospace Museum of California is honored and deeply grateful it has been selected as a 2023 California Nonprofit of the Year by California State Assembly Member Josh Hoover, District 7. The museum is recognized for its exceptional contributions to STEAM education in the Northern California community.

The Aerospace Museum of California is an inspired place of learning, located in the heart of an underserved community. The museum is deeply committed to engaging the children and families that need it the most, seeking to ignite children's curiosity and inspire discovery and exploration through hands-on STEAM education.

Linda Martin, the Aerospace Museum of California's Board President, stated, "The museum is a testament to the generosity of numerous donors, the enthusiasm of over a million visitors, and the unwavering commitment of the Sacramento region over the last 40 years. The collective involvement of thousands of volunteers, staff, and board members exemplifies our community spirit. By preserving and celebrating our diverse history, the museum has positively impacted our community and enriched the lives of countless children and families. The Aerospace Museum's mission—to honor the past, inspire the future through STEM education, and spark children's learning—is truly transformative."

On June 7th, the dedicated Aerospace Museum



From Left to Right: Tom Jones, Aerospace Museum of California Executive Director; Karen Jones, Advancement Director; Assemblyman Josh Hoover; Linda Martin, Aerospace Museum of California Board President. Photo courtesy of Assemblymember Josh Hoover

of California leadership will be presented with the 2023 California Non-Profit of the Year award at an exclusive ceremony held at the California State Capitol. "We are humbled by this award and extend our heartfelt gratitude to the Board of Directors, our remarkable staff, the outstanding museum volunteers, our invaluable aerospace and education partners, and the countless students and families who have embraced STEAM education at the Aerospace Museum," said Tom Jones, Executive Director of the Aerospace Museum of California.

The community's commitment and support are key to the Aerospace Museum of California's success in igniting a passion for science, technology, engineering, arts, and mathematics among students. This recognition as the California Nonprofit of the Year

for 2023 further inspires the Aerospace Museum of California team to keep advancing its mission to deliver impactful STEAM educational experiences to help dreams take flight!

For more information about the Aerospace Museum of California visit aerospaeca.org

About the Aerospace Museum of California (AMC): Explore, discover, and be inspired by aviation and aerospace history. With a 40,000-square-foot exhibit hall, over 40 aircraft and rockets, a 4-acre outdoor Air Park, incredible exhibits, and free parking, families can engage in STEAM activities for all ages and let their imagination soar. As a Smithsonian Affiliate® and member of North American Reciprocal Museum Associate®, the Aerospace Museum is truly a place where dreams take flight! ★

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