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# AMERICAN RIVER Messenger

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JULY 14, 2023

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## Sharing National Night Out



The Woodmore Oaks neighborhood is driven by the desire to be a drug-free zone, always celebrating National Night Out always at this 7-11 store. Photo courtesy of Tom DiGiacomo

By Tamara Warta

**SACRAMENTO REGION, CA (MPG)** - Gone are the days of neighbors knowing their neighbors, but one man has made it a mission to turn that around and rebuild a sense of community in Woodmore Oaks and its surrounding areas.

Tom DiGiacomo founded the Woodmore Oaks Neighborhood Watch in 1990. The following year he started the area's first National Night Out. A native of Long Island, NY, DiGiacomo longed for a return to the neighborhood feel he grew up with, where everyone knew each other. "We seem to have lost the concept of neighbors knowing neighbors, so I have been on a mission to

bringing that back," he said. "It has been now 33 years since I have been on this mission, and I will continue until I cannot either physically or mentally."

Always held the first Tuesday of August, National Night Out is a partnership between law enforcement and the community. It has grown over the years, expanding from a small block party in 1991 into a much larger event today that includes visits from law enforcement and a Sac Metro Fire Truck, a DJ playing music, hot dog meals, cotton candy, a bounce house and games for the children, raffle prizes, a hula hoop contest and a coloring contest sponsored by Leatherby's.

The coloring contest in particular

holds significance for DiGiacomo and his team of organizers. The contest is themed around the idea of Woodmore Oaks being a drug-free zone. "The children will remember that," says DiGiacomo, "And we want them to remember that - hoping they can take that into their communities and continue the work."

A drug-free zone has always been a goal of DiGiacomo's, who stated he will retire on the day the District Attorney follows through on proper and effective enforcement. For 33 years he has held the desire for a drug-free zone, and his partnership with the 7-11 store where National Night Out has always been held, was a point of inspiration.

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## CHP Distributes Over \$19 Million To Fight Impaired Driving

CHP News Release

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP) announced on June 26, 2023, more than \$19 million in grant funding to 71 California law enforcement agencies, crime laboratories, and nonprofit organizations to help address the dangers of driving under the influence of alcohol and/or drugs. Law enforcement recipients receiving the education and toxicology grants include Sacramento County District Attorney Laboratory of Forensic Services, Arrive Alive and Sacramento County District Attorney Crime Lab.

The grants are the result of Proposition 64, the Control, Regulate and Tax Adult Use of Marijuana Act, which tasked the CHP with administering grants for education, prevention, and enforcement programs to help communities combat impaired driving. Money is also available to crime laboratories conducting forensic toxicology testing. Funding for the grants comes from a tax on the cultivation and sale of cannabis and cannabis products sold in California.

"Communities throughout California will benefit greatly from the disbursement of these grant funds intended to help make California's roadways safer for all who use them," said CHP Commissioner Sean Duryee. "The money will be used to help enhance traffic safety by educating the public on the dangers of impaired driving, removing impaired drivers from the roadway through enforcement operations, and advancing research on the issue."

Fifty-four recipients of law enforcement grants will use funds to address impaired driving within their communities. In addition to traditional impaired driving enforcement, funds will also be used for drug recognition evaluator training to enhance their respective agency's ability to detect drug-impaired drivers. Additionally, funding will allow for public outreach campaigns, including educational presentations and community events. ★

## Statewide Award for Hazel Ave

Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - It has been less than a year since the County Department of Transportation (SacDOT) finished work on the final portion of the Hazel Avenue Improvement Project. It was a project designed to reduce congestion along Hazel Avenue and improve mobility for bicyclists and pedestrians, and that work recently earned SacDOT a statewide transportation award.

The \$60 million project caught the eye of the California Transportation Foundation, which presented SacDOT with its 2023 Local Street Project of the Year award on June 6. For more than 30 years, the non-profit organization has recognized transportation achievements, innovations, and excellence throughout the state.

This year's award-winning project was the final phase of a fifteen-year effort to beautify Hazel Avenue from Highway 50 to Madison Avenue. The project widened Hazel



The county's Department of Transportation received an award for the Hazel Avenue Improvement Project which widened the road from 4 to 6 lanes to reduce congestion from Highway 50 to Madison Avenue. Photo courtesy of Sacramento County

Avenue from 4 to 6 lanes to reduce congestion while increasing safety and mobility for all modes of transportation.

Other significant improvements along Hazel Avenue included:

Bikeways and ADA-compliant pedestrian

facilities. These new bicycling and pedestrian facilities provide safe connections to the American River Parkway and the trail system adjacent to the Hazel Avenue Bridge and Lake Natoma; Public transit enhancements with new turn-out lanes for buses so

the traffic can keep moving; The turn-out lanes also allow bus riders to board safely.

SacDOT Chief Civil Engineer, Steve White, accepted the award on behalf of the County. White praised Principal

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WE SUPPORT OUR MILITARY

# Walking Through Every Open Door

*Advice and Insights from Diplomatic Consultant W. Bruce Lee*

Story by Shaunna Boyd

**SACRAMENTO REGION, CA (MPG)** - W. Bruce Lee is a man of experience and humility, and he said he attributes his success to always saying yes to the next challenge — accepting the next invitation, undertaking the next assignment, choosing to “always walk through doors that are open for me.”

Lee’s work spans the industries of government, business, and education. He has taught at the University of Phoenix and William Jessup University, worked in the Governor’s Finance Department for the State of California, and worked as a business coach for various national corporations. Lee has served in the halls of government most of his life — running statewide initiatives, twice elected as Mayor of Loomis, and elected as Director of the Placer County Water Agency, among other offices. Currently, he serves as the executive officer of the Phoenix Correspondence Commission, a nonpartisan governmental entity (established by all 50 states) that works to balance State and Federal authority.

In recent years, Lee has turned his skills toward diplomatic consulting—helping communities, businesses, and governments around the world find pathways to success as well as hope for the future.

Born and raised in the Sacramento Region, Lee has traveled the world, advising organizations in places such as Nepal, Singapore, and China. He has worked in South America,



As part of his international work, W. Bruce Lee visits the children he sponsors in Mersa, Northern Ethiopia. Photo provided by W. Bruce Lee

In all nations — regardless of differing systems of government, economy, and cultural standards — the same basic needs exist. And people always seek to overcome challenges, achieve their goals, and better their lives. But Lee has also seen that “there is a human tendency toward selfishness, and selfishness creates greed, which in government will lead to short-term benefits in one’s own self-interest, but does

not create any long-term sustainability.” Lee, “and look not at what is right for themselves, but what is right for their constituents, and for their society as a whole.” Practical solu-

tions are needed, so that is where Lee comes in, offering guidance on how governments can provide opportunities that better serve their people, creating stronger communities that support a stronger nation. In business settings, the advice is similarly applied: better products and services create a more satisfied customer base, better employee morale, and a stronger company for the long term.

Whether in a classroom, boardroom, or the legislature of foreign governments, Lee said the core of his work is about “equipping people” and showing them that there are practical solutions to every challenge. He often sees “a lot of activity, with plenty of energy and money to make things happen — but a lack of results.”

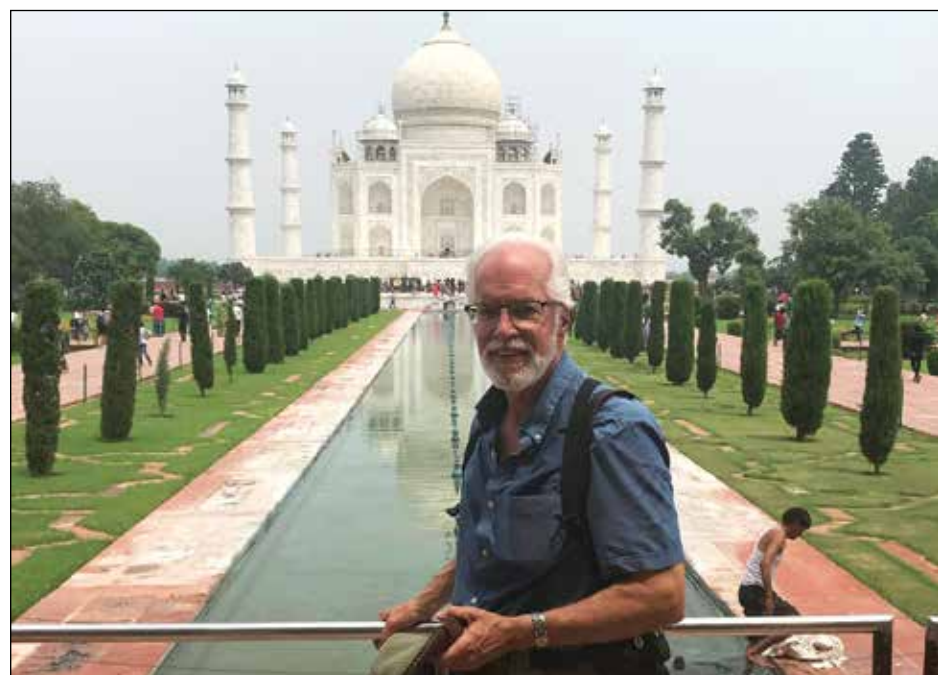
While people often want an easy answer, Lee cautions that there is “no one right answer, no magic bullet.” Change takes effort and discipline. There are answers, and while they won’t come overnight, there is always hope for

improving the situation — and Lee strives to help everyone find that hope. “We need to exercise sound critical thinking and wisdom in how we approach our problem solving,” said Lee. “We have to take responsibility for ourselves and for our society.”

In his life, Lee spends his time and money investing not in himself, but in others, wherever he sees a need: “Wherever I am able to be of benefit, it is my honor and privilege to be of service,” said Lee. “I can offer what I have.”

As a deeply religious man, Lee credits God for his many accomplishments. “God has been good to me,” said Lee. “I live in a country where I’ve been able to get a good education and develop useful skills. God has treated me much better than I deserve. And it’s easy to take these things for granted, but it’s essential that we do not.”

Seeing the struggles of communities around the world has broadened Lee’s perspective. He believes that many Americans don’t realize how fortunate they are. “Our social, economic, and political freedoms are hard-won,” said Lee. “Diligence is necessary in their protection, otherwise they may easily slip away.” For many around the world, America is “still the light on the hill,” said Lee. “They see we’re doing things differently, and we need to protect that.”



W. Bruce Lee at the Taj Mahal in Northern India, where he worked to develop leadership training programs and advised on the ongoing relationships between India and Pakistan. Photo provided by W. Bruce Lee

Australia, New Zealand, Europe and Eastern Europe, the Middle East, and various African countries —including Cameroon, Rwanda, Ethiopia, Zimbabwe, Tunisia, Uganda, Nigeria, and South Sudan.

Lee has found that all societies are built upon three main systems: economic, government, and culture. And every society is unique in the way these features integrate and reinforce each other. But Lee cautioned that different cultures don’t always support the same economic or governmental systems. So, as an outsider in these countries, Lee said, “I don’t assume.” His first and most important step is to listen: “You tell me what you need, and then I can help to achieve those results.”

Lee explained that in nations with corrupted governments, the surrounding communities are afflicted by “massive deprivation” — overt, lack of opportunity, and no hope for the future. A society in such crisis is not a strong or sustainable system. To have a successful government that can be sustained long-term, “there must

not create any long-term sustainability.” And the same can be seen in businesses and local communities. “Throughout the world, the powerful often abuse the powerless,” said Lee. “Whether that power is political, economic, or positional, the ills of the world stem from the motivation of self-interest and greed. The powerful take advantage of their power and use it to benefit themselves at the expense of others.”



In Juba, South Sudan, W. Bruce Lee instructs boys on leadership skills and how to make the most of their future, while also consulting with the National Legislature. Photo provided by W. Bruce Lee

Lee cautioned that many people here live lives of privilege and feel no sense of responsibility toward others. But Lee said, “We have a massive responsibility to our community.” Whatever skills each of us have, Lee believes we are called to use them for the good of others, whether that is in construction, farming, teaching, etc. “If it benefits people in a tangible way, inspires them, gives them hope—that’s a blessing,” said Lee.

His advice can be boiled down to a simple message: “Let’s love our neighbors. Let’s not take things for granted. Let us be of good hope, because whatever challenges we may see around us, they are resolvable if we work together in a civilized way, not marred by violence in word or action. ... Let us seek to honor each other and learn from each other. All of that takes commitment and humility.”

To learn more about Lee’s work, visit <https://wbrucelee.com/the-work-of-bruce/>.



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# Retired Teachers Award Students



Students Ivana Liatavska (left) Jerry Kennedy and Natalia Safi (far right) are among recipients of American River College Retired Teachers Association scholarships. Marti Gohring and Ralphene Lee (fourth and second from right) and Los Rios Colleges Foundation director Kirsten DuBray (third from right) support the presentations.

Story and photo by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Seven American River College students have received \$1500 grants from the California Retired Teachers Association, Division 75.

The recipients were recently applauded at a North Ridge Country Club luncheon. The organization assists students in fields that include

healthcare, teaching, and technical studies. Grants are enabled through a scholarship program funded by member benevolence.

“Support of ARC students is one of our most important projects,” said CARTA Vice President (and former San Juan School District teacher) Ralphene Lee. “Students of all ages experience challenges during their time at school. This is our way of helping future

classroom teachers.”

2023 awardees are: Theint Theint Thu; Ivana Liatavska; Jerry Kennedy; Aubrie Moore; Natalia Safi; Alaric Holly and Christopher Billings.

Division 75 of the California Retired Teachers Association meets regularly for luncheons. New members from any professional field are welcome, including currently working teachers. For information, call (916) 204-2413. ★

# Sharing National Night Out

Continued from page 1

“Coming around the turn were groups of young adults,” stated DiGiacomo.

He went on to insinuate the group of young people were involved with drug activity and a solution needed to be developed to keep the area safe. He approached the then-owner of the 7-11 located in the lot. “I said, ‘Let’s start playing classical music and see what happens. Low and behold, they disappeared.’”

As humorous as a solution as it was, other 7-11 stores caught wind of the strategy and now blasting music out of mounted speakers is a nationwide practice for the convenience store chain. And



Tom DiGiacomo founded the Woodmore Oaks Neighborhood Watch in 1990, and then he started the area’s first National Night Out. Photo by Tamara Warta

as for National Night Out, that has become quite the tradition in Woodmore Oaks as well.

When asked what the biggest challenge is that he faces each year, DiGiacomo said, “Trying to get volunteers to help

us every year. That has always been a challenge.”

If you wish to volunteer or attend National Night Out, come on out to 6840 Woodmore Oaks Dr. in Orangevale on Tuesday, August 1, 5:30PM-9:30PM. ★

# Governor Signs Bill to Strengthen Domestic Violence Restraining Orders

Office of Assemblymember Jesse Gabriel

**SACRAMENTO, CA (MPG)** - Governor Gavin Newsom recently signed into law Assembly Bill (AB) 467, a bipartisan measure authored by Assemblymember Jesse Gabriel (D - Encino) that will strengthen the ability of judges to grant and modify domestic violence protective orders.

“At a time in which violence against women and domestic abuse have increased to record levels around the world, it is crucial that we ensure domestic violence restraining orders are offering the fullest possible protection,” said Assemblymember Gabriel. “This legislation will clarify a judge’s authority over these orders, and extend the amount of time a court can modify the orders to ensure that we are providing ample protection to victims of domestic abuse.”

Santa Clara County District Attorney Jeff Rosen, sponsor of the bill, hailed the new law as crucial to make sure that victims of crime can petition the court to change the terms of restraining orders during the 10-year lifetime of those orders. In some instances, victims will need more protections from the court, and in others fewer. District Attorney Rosen said, “Giving judges the ability to modify

their own court orders will help victims of domestic violence manage the protections to keep them safe. We are so grateful to Assemblymember Jesse Gabriel for championing this important new law.”

Ambiguity in current law has left some courts confused as to when and for how long they have authority over domestic violence restraining orders and when they can modify provisions related to contact between the restrained person and the protected person, which can either be a “peaceful contact order” (PCO) or a no contact order (NCO). Victims often seek to modify the order from PCO to NCO or vice versa.

Some courts have determined that if the defendant is no longer serving a sentence and is not on probation, they do not have the jurisdiction to modify the order, even if both the victim and defendant request it. This confusion in current law is detrimental to both victims and defendants. AB 467 gives sentencing courts the authority to modify the terms of a peaceful contact order or no contact order and make modifications to the order throughout the duration of the domestic violence protective order.

Jesse Gabriel proudly represents the San Fernando Valley in the California State Legislature. ★

# The Fair Oaks Theatre Festival Hosts Mexican Dinner Night

Fair Oaks Theatre Festival News Release

**FAIR OAKS, CA (MPG)** - Back by popular demand: Fair Oaks Theatre Festival dinner and Cabaret! Please join some of FOTF’s outstanding talent as they entertain you with classic pop hits of the 1980s.

Three performances only. Please join us this summer for dinner and a show at the Orangevale Grange. Be sure to dress up in your favorite 80s styles!

Tickets are on sale now for the Saturday, August 19th dinner.

For more information visit [fairoakstheatrefestival.com/](http://fairoakstheatrefestival.com/) ★

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## Fair Oaks Library Branch Reopens



Fair Oaks library staff are ready to assist you in your searches.

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

**FAIR OAKS, CA (MPG)** - The Fair Oaks branch of the Sacramento County Public Library at 11601 Fair Oaks Boulevard has reopened following an extensive refresh, its first since opening to the public in 1976.

"We[re]... excited to welcome the community physically back into the Fair Oaks library," said Ashley Trew, Sacramento County Library public services manager.

"The Fair Oaks branch has had some minor physical updates over the past 10 years, but nothing to this extent," she said. Most library programs at the Fair Oaks branch have resumed.

During the temporary closure, some library staff members moved to nearby Sylvan Oaks in Citrus Heights or the Orangevale branch. The Fair Oaks branch is home to nine career staff members, all of whom were temporarily redeployed to other library branch locations, or who voluntarily take time off during the closure," Trew said.

Library locations at 8820 Greenback Lane, Suite L in Orangevale, and the Sylvan Oaks Library at 6700 Auburn Boulevard in Citrus Heights were open to serve Fair Oaks patrons during the temporary branch closure.

When the Fair Oaks Library branch reopened, library patrons entered to see entirely new personal computers and workstations, fresh paint throughout, new furniture and freshly installed carpet throughout the building as its summer reading programs will kick off.

"We're investing around \$550,000 in the physical renovations and \$200,000 worth of new materials in the library collection," she said.

The popular "Lunch at the Library", funded by the California State Library, which offers free lunch to children from noon to 1 pm during the summer school break, has resumed at all local library branch locations. Meals are offered for youth under age 18 who are physically present, and lunch must be consumed on-site. No registration is required.



The newly reopened Fair Oaks library has a designated Kid's Area enhanced with an abundance of new play materials which will focus on early development and interactive play.



Summer Reading is in full swing at Fair Oaks library.



\$200,000 worth of new materials have been invested in the library's collection.

With the newly reopened Fair Oaks library, young families will also discover the designated Kid's Area enhanced with an abundance of new play materials which will focus on early development and interactive play.

One of the most popular collections at the Fair Oaks Library branch is what's described as the "library of things." The "library of things" allows library patrons to access big-ticket items that they might not have the budget, space, or desire to purchase, she explained.

"The collection as a whole was recently expanded as a result of a community survey which we conducted in 2022," Trew said.

Members of the library's collection service department have added some new items to their "Library of Things" collection. These include a GoPro Hero10 drone, and Xbox One, PlayStation 4

and Nintendo Switch consoles. Patrons wanting to work on their summer gardening can check out a recently added garden tool set.

"Summer Reading is in full swing, and we hope everyone comes in to achieve their summer reading goals," Trew said.

For library card renewal or general account information, call the Sacramento County Library at 916-264-2920 during business hours. Library materials can also be renewed by phone at 916-264-2952.

Patrons who may be physically unable to visit nearby locations such as Orangevale Library or Sylvan Oaks Library in person, may be able to visit the Sacramento County Library virtually at: [www.saclibrary.org/](http://www.saclibrary.org/) and instantly stream music, movies or download eBooks, audiobooks, digital magazines and newspapers. ★

## Poor Choices Behind The Wheel Result in Tragedies

**CHP News Release**

**SACRAMENTO, CA (MPG)** - The results of the California Highway Patrol's (CHP) recent Independence Day Maximum Enforcement Period (MEP) are a sobering reminder of the consequences resulting from unsafe driving behaviors.

Sixty-eight people were killed in crashes throughout the state during the Independence Day MEP, which began at 6:01 p.m. on Friday, June 30, and concluded at 11:59 p.m. on Tuesday, July 4. Tragically, nearly half of the total number of vehicle occupants who died within CHP jurisdiction were not wearing a seat belt.

With unsafe speed being the number one contributor to crashes in California, the CHP placed a special emphasis on its enforcement during the recent MEP. CHP officers issued more than 9,700 speed citations throughout the long Independence Day weekend.

Additionally, impaired drivers were removed from California's roadways at an alarming rate during the holiday enforcement effort. CHP officers made 1,224 arrests for driving under the influence, which is an average of one DUI arrest every five minutes.

"The results of this MEP are concerning and reinforce the need for responsible behavior behind the wheel," said CHP Commissioner Sean Duryee. "All of these deaths were preventable, and the loved ones they leave behind will be forever impacted. Traffic safety is everyone's responsibility, and these statistics show us how much work there is still to be done. The CHP is committed to making California's roadways safer for all who use them."

To help protect those who are traveling on California's roadways during the holidays, the CHP implements six MEPs per year. The next MEP is scheduled for Labor Day weekend. Throughout the holiday weekend, all available uniformed members of the Department will be on patrol to enhance public safety, deter unsafe driving behavior, and, when necessary, take appropriate enforcement action.

Keep yourself and others who are on the road safe by buckling up, driving at a speed safe for conditions, avoid distractions behind the wheel, and always designating a sober driver.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

## SMF Receives FAA Funding for Relocation of Air Traffic Control Tower

**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



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. Courtesy file photo

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](http://sacramento.aero). ★

## Statewide Award for Hazel Ave

*Continued from page 1*

Civil Engineer, Melissa Wright, and her in-house design team, led by Project Manager, Tim Stevens and Project Engineer, James Esblon, for designing and developing the final phase of the Hazel Avenue Improvement Project. Teichert Construction, Pacific Excavation, RNR Construction Inc., TRC Companies Inc., County Construction Management Inspection Division, and County Real Estate Division were also acknowledged as integral members for helping build the project.

White also pointed out that completion of the Hazel Avenue work would not

have been possible without the continuing support of the Sacramento County Board of Supervisors and our partnerships with local funding partners Fair Oaks Water District and Sacramento Municipal Utility District (SMUD). SMUD removed overhead powerlines and placed them underground, while the water district used the project to upgrade its water system for residents and businesses.

The California Transportation Foundation's annual awards program was held in Sacramento at the Grand Sheraton where SacDOT beat out other local street project finalists from Truckee, Live Oak, and Caltrans. ★

# CSLB Sting Uncovers Unlicensed Contractors in Rancho Cordova

**CSLB News Release**

**SACRAMENTO REGION, CA (MPG)** - The Contractors State License Board (CSLB) recently partnered with the Sacramento County District Attorney's Office to conduct a highly successful undercover operation aimed at targeting unlicensed contractors. This operation took place in Rancho Cordova on June 7 and 8, 2023, and resulted in the identification of multiple individuals engaged in illegal contracting practices.

During the operation, CSLB cited 10 individuals for allegedly conducting contracting activities without the required license. These offenders have been issued Notices to Appear in criminal court, where they could face legal consequences, including fines up to \$15,000 and/or jail time. Engaging in contracting work without a contractor's license is a misdemeanor offense in California.

The individuals targeted during this operation submitted bids ranging from \$1,500 for bathroom improvements to more than \$10,000 for concrete work. A California contractor's license is required to bid or contract for construction work exceeding \$500 in value, including materials

and labor. CSLB remains steadfast in its mission to enforce contracting laws and protect consumers from unscrupulous individuals involved in unlicensed contracting activities.

Unlicensed contractors apprehended in this operation may also face additional charges for advertising their construction services without the necessary license. It is illegal under California law for anyone to advertise construction or home improvement work without a valid license in the advertised classification. If unlicensed individuals advertise contracting services, they must explicitly disclose their lack of licensure and cannot bid or contract for work valued at more than \$500.

"CSLB is unwavering in our dedication to protect homeowners from the risks posed by unlicensed contractors," emphasized CSLB Registrar David Fogt. "Our commitment includes providing continuous consumer education on the critical significance of hiring licensed contractors. We urge homeowners to verify a contractor's license before embarking on any construction project in California."

During the operation, it was discovered that some

individuals demanded excessive down payments before commencing work. California law strictly limits contractors to requesting no more than 10% of the project cost or \$1,000, whichever is less. Violating this provision constitutes a misdemeanor offense, punishable by substantial fines of up to \$5,000 or a potential one-year county jail sentence, or both.

CSLB, in collaboration with the Sacramento County District Attorney's Office and other agencies across the state, will continue to work to combat unlicensed contracting activities. Together, they will enforce the law, promote consumer protection, and uphold the integrity of the construction industry.

For further information or to report suspected unlicensed contractor activities, please visit the CSLB website at [www.cslb.ca.gov](http://www.cslb.ca.gov) or contact CSLB toll-free at 1-800-321-CSLB (2752). For ongoing information and updates from CSLB, connect with us on Facebook, Twitter, Instagram, and YouTube.

*CSLB operates under the umbrella of the Department of Consumer Affairs and licenses and regulates nearly 285,000 contractors in California.* ★

# Sal Arrigo, Jr. Nominated to Lions Club Leadership Award in Tennessee



Sal Arrigo, Jr., President of the Red Bank, TN Lions Club and Fred Mundt, District Governor, Region 12-O. Photo courtesy of Stefanie Dalton

**Red Bank Lions Club Release**

**RED BANK, TN (MPG)** - Sal Arrigo, Jr., President of Red Bank, Tennessee Lions Club, has recently been nominated for the Lions Club Leadership Award.

1. Membership Growth: Sal is very personable and friendly. He is constantly talking with community members and telling them what the Lions do, the charities, etc, and inviting them to a meeting to see what we are like, what we do, and inviting them to join. He has been pretty successful in this. Although he is relatively new to the club, he has sponsored 5 new Lions and helped recruit several others. Recruiting new members that are mature and would be great members is a priority for him.

2. Support of LCI and LCIF: In addition to promoting Lions widely in his community, Sal has gotten involved beyond his Red Bank club. He is a strong supporter of the KidSight program in which the club participates. He attended the MD 12 Lions Learning Retreat and was an active participant. He voluntarily worked to get more eye doctors to donate services to the new District 12-0 Lions Vision Clinic in Chattanooga and he helped the District newsletter editor with improvements in design. The Red Bank club is a strong supporter of LCIF and Sal is leading the way.

3. Championing local causes and promoting the great things Lions do: Local causes are a big thing for the club and Sal provides excellent leadership in this area. They do food bank and homeless shelter donations with the United Methodist church about 2 blocks from the clubhouse under the direction of Pastor Ken Sauer. Club members volunteer to fill bags of food to give to the homeless. That is a top priority for Sal and for all members as well. The club also gets involved with the Red Bank Jubilee, with a booth and supporting the cause. This year they will be cooking up fresh hamburgers and hotdogs, and funnel cakes for patrons. The club started an annual First Responders dinner this year

that Sal overwhelmingly approved and encouraged.

4. Increasing service project quality and quantity: Sal is supporting and encouraging club members in all they do. The club is becoming recognizable in the community for many reasons as projects and outreach blossom under Sal's leadership. The food service, the pecan sales, the food drives at Food City, working with the Junior Lions (LEOs) at Red Bank High School, volunteering at the football homecoming game giving the seniors pizza and drinks throughout the game, the food bank, etc. The club is growing, has a very nice group of members, is a healthy group, an excited group ready for the next activity/volunteer opportunity.

5. Measurable impacts and results within the community: Although Sal has only been a 'member a short time, he was recognized as a leader quickly and was elected President of the club beginning July 1, 2022. Under his leadership many club programs have been reinvigorated and the club enthusiasm has soared. The KidSight program is screening more children than in recent years, and club membership has skyrocketed. Members are excited and enthusiastic to be Lions and look forward to working on projects, many of which have been noted above.

6. Improvement to overall club quality and member experience: As president, Sal has taken a club that was in the doldrums last year to be a much larger, committed, excited team. The meetings are fun but the projects are more fun. Sal is continually looking for more and better ways for the Red Bank club to serve the community, and his team of Lions is behind him 100%.

7. Teamwork and working well with others: As described in the sections above, Sal is an excellent communicator, motivator, planner and leader. He brings people into the team, makes them feel important and gets the most out of them. Regardless of what comes up, club members are ready to roll up their sleeves and get busy. He is the epitome of "Together We Can, and Together We Will." ★

## Art and Music Festival

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# Social Security Matters

## Why Can't I Collect Survivor Benefits from My Deceased Wife?



By Russell Gloor,  
AMAC Certified Social  
Security Advisor

**Dear Rusty:** I am a 62 year old widower that is still working full time. While my late spouse was in hospice, I was able to get her to apply for Social Security disability and she received one payment before she passed away two years ago. I was told that I could collect a survivor benefit, so I called my local Social Security office, but they told me that I could not collect any type of benefits from my wife and that all the money she paid into SS for all of those years was basically gone for good. Would you please advise what I can do and if this is true? I was also told that Social Security's agents will do everything they can to avoid paying out benefits. **Signed: Frustrated Widower**

**Dear Frustrated Widower:** I suspect that the reason Social Security said you were not eligible for benefits as a widower is because you are working full time. At age 62, you are subject to Social Security's "earnings test" which limits how much you can earn while collecting early Social Security benefits. The 2023 earnings limit is \$21,240 and, if that is exceeded, SS will take away \$1 in benefits

for every \$2 you are over the limit. If your earnings are high enough, that could make you temporarily ineligible to collect benefits until 1) your earnings are less, or 2) you reach your full retirement age (FRA) when the earnings test no longer applies.

Assuming you have not yet claimed your personal SS retirement benefit, you are still eligible to collect a survivor benefit from your wife when your earnings are less or after you reach your full retirement age. One strategy you may wish to consider, if you plan to keep working full time, is to wait and claim only your surviving spouse benefit at your FRA (67), thus allowing your personal SS retirement benefit to continue growing until you are 70 when your personal SS retirement benefit will be about 75% more than it would be now. Although your survivor benefit reaches maximum at your FRA, your personal benefit doesn't reach maximum until age 70, so it's possible to collect your smaller survivor benefit from your wife first and claim your higher personal benefit later.

You were apparently given some confusing information when you contacted Social Security. If you haven't already claimed your own SS retirement benefit, you are still eligible for a surviving spouse benefit from your wife but likely cannot collect a widower benefit at this time because you're working full time. However, that doesn't mean you can never collect a survivor benefit; only that you can't collect it at this time because of the "earnings test." The earnings

test goes away when you reach age 67, so you can claim only your survivor benefit at that time (or before if you no longer work full time) and allow your personal SS retirement benefit to continue to grow (to age 70 if you like).

From our experience with the Social Security Administration, the skill level of SSA representatives varies but we have never suspected their goal was trying to avoid paying benefits due. Nevertheless, depending on the agent you spoke with, the information provided may have been less clear about the best claiming strategy for you - which is why the AMAC Foundation's Social Security Advisory Service exists. Our advisors are all highly experienced and strive to provide you with complete and clear information which enables you to make an informed choice about how and when to claim the Social Security benefits you are **entitled to. I hope we have succeeded. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisor) or email us at ssadvisor@amacfoundation.org.** ★



## Dave Ramsey Says

mortgage to pay for the work?

– Natalie

Dear Natalie,

For starters, I'd suggest cutting expenses any way you can, living on a strict budget and saving as much cash as possible. But taking out a second mortgage? No! You don't want that hanging over your heads.

You might want to get another opinion on the kitchen remodel, too. Sure, a new kitchen would be nice, but would it be a make-or-break kind of thing if you decide to sell your home? Probably not, unless it's in really terrible shape right now. Regardless, there's no way I'd go into debt to make this happen. I mean, your house isn't even on the market yet. There's no reason to fix up a house that's not for sale, especially

when you've got just \$4,000 to your names.

My advice is to wait and see how the whole job situation plays out before making any big decisions. Then if you end up selling the house and moving, you might take \$500 or so from savings to freshen up the kitchen a little bit.

–Dave

\*Dave Ramsey is an eight-time national best-selling 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 the company Ramsey Solutions. ★

### No Second Mortgage!

Dear Dave,

My husband was recently told layoffs are about to happen at his company, and that it might be a good idea for him to start looking for another job. He has found a couple of good possibilities, but the jobs are located 100 miles away. In preparation for a possible move, we spoke with a real estate agent who told us we'd have to remodel our kitchen to sell the house. We've got about \$4,000 in savings, but the agent said remodeling would take between \$2,500 and \$3,000. Should we get a second

## You Can!!

you be in the faith, prove your own selves. Know you not your own selves, how that Jesus Christ is in you, except ye be reprobates".

When we honor these words and take them seriously we will follow in obedience and be blessed with the favor of God. And I Cor. 1:28 "But let a man examine himself and so let him eat of that bread and drink of that cup" (Speaking of taking the communion cup). We are not to take communion in vain and dishonor God but be reconciled to all men/women. "Leave there thy gift before the altar, and go thy way: first be reconciled to thy brother/sister, and then come and offer thy gift". (Matthew 5:24) Yes, you can!

Regardless of what befalls your life YOU CAN rise above every adversity and get through it! YOU CAN, because God is always in and with you whenever do what is right in His eyes. He will show you the way and will take you through it. Understand, there is nothing that touches a life of an obedient believer that has not first passed through His personal love for you. He allowed it to touch your life, not always to hurt, but to "teach" a valuable

lesson and cause a sincere evaluation of actions to possibly also help others through you along the way!

Attacks and angry unkind words require apologies and forgiveness. YOU CAN do both because your personal relationship with the God of the Bible instructs you to do it.

Forgiveness requires an apology of seventy times seven (70x7) (Matthew 28:22).

YOU CAN AND WILL DO IT... BECAUSE YOUR RELATIONSHIP WITH GOD IS SUPREME IMPORTANT TO YOU. To please Him in every area of your life is ultimate. Our actions and reactions either honor or dishonor Him before others. Therefore, "Let no corrupt communication proceed out of your mouth, but that which is good to use of edifying, that it may minister grace unto the hearers". (Ephesians 4:29). When we do this, we have learned from the Holy Word valuable lessons that do honor God and bring Him the Glory He alone deserves. Praise be to God!!

Marlys Johnson Norris  
Author, Stephens Minister,  
Teacher  
Marlysjn@gmail.com  
PO Box 114, Orangevale, CA ★

# Officer Pleads No Contest to Submitting False Police Reports

Sacramento County DA News Release

**SACRAMENTO COUNTY, CA (MPG)** - On June 5, 2023, Alexa Palubicki pled no contest to two felony counts of submitting a false police report. The charges relate to an incident that occurred on July 11, 2020, while Palubicki was an officer with the Sacramento Police Department, which involved falsifying the probable cause for stopping a vehicle. Sentencing is set for June 5, 2024, at 9:00 a.m. in Department 25 before the Honorable Shauna Franklin. If Palubicki does not commit another criminal offense before the sentencing, the judge will reduce the felony counts

to misdemeanors and she would face a maximum sentence of 2 years in county jail.

The Sacramento District Attorney's Office objected to the plea bargain offered by the judge and argued that Palubicki should receive felony convictions for her conduct and the charges should not be reduced to misdemeanors at sentencing. With felony convictions, Palubicki would face a maximum sentence of 3 years and 8 months in state prison.

District Attorney Thien Ho stated, "Any time a police officer falsifies a police report, it is an affront to justice and taken very seriously. As prosecutors, we must proceed only on cases where the

evidence is trustworthy and legally obtained. We have the solemn duty to ensure that justice and fairness remain the touchstone of our criminal justice system."

Immediately upon being notified of Palubicki's conduct, the Sacramento District Attorney's Office conducted an internal case audit to identify cases we had filed in which she participated. Pending cases in which her participation was material and necessary for prosecution were dismissed. In other cases where Palubicki participated in some manner but was not a necessary witness for trial, we notified the defense of this investigation consistent with our ethical obligations. ★

By Marlys Johnson  
Norris, Christian Author

Every unfortunate experience we have in our lives teaches us specific lessons we need to learn. They are given to teach us how far we have come in experiencing a sincere and genuine walk with God. It awakens our inner-spirit to find areas in our lives where we need more discipline and control and where we do not exemplify the love of God or a Christ-like Spirit. When we fail be aware we need some more pruning away of our sinful fleshly natures. We have been very lax to examine ourselves as the Scripture commands.

Psalms 26:2 & 3 "Examine me, O Lord and prove me; try my reins and my heart. For thy loving kindness is before me, yes; and I have walked in thy truth." II Cor 13:5 "Examine yourselves, whether

## If Only I Had It My Way

Dr. James L. Snyder

Every once in a while, I have a little thought giggling in my brain to the effect that if only I had it my way. I don't have it often, but I try to take it seriously when I do.

There is only one place I can have anything my way: my Personal Interior Castle, my office. I sit at my desk; look at my computer, surrounded by thousands of books. In this "safe place," I can have it my way every day.

The Gracious Mistress of the Parsonage will come into my Interior Castle and say something to the effect, "Would you like me to do any organizing in here?"

I smile as best I can and respond, "You can organize in here if you permit me to go to your craft room and organize there."

We often go across town for appointments, and when we do that, I allow her to take her Sissy Van, and I ride along strap in on the passenger side. Driving across town, she always decides which way to go.

Just recently, we had an appointment across town at some new location.

When we got to a certain

traffic light, I told her, "You need to turn right here on this street."

Looking at me, she said, "I'm driving, and so I know where I'm going. I don't need any information from you. Sit back and let me do it my way."

With that, she turned left, and I could hardly hold my laughter because I knew where that street would end up.

Looking at me, she said, "Why are you laughing?"

"I was just thinking of a joke."

"Oh, yeah. What was that joke?"

I looked at her, and in a moment, I said, "Why was six afraid of seven?"

"I don't know, why was six afraid of seven?"

"Because," I said, "seven, eight, nine."

"So," she graveled, "that was the joke you were thinking of?"

It wasn't, but I had to use something to cover up my laughter.

All I had to do was wait, and when we came to the end of this street, we would find out that we were at the wrong end of town. Oh, I love it when a plan comes together.

When she finally realized we were at the wrong

end of town, she looked at me, "Don't you dare say what you're thinking."

Then she turned around and headed in the right direction.

My problem is that I caught her doing it her way, and it was the wrong way, and I can't exploit it. I have to pretend that it didn't happen. Oh, how I wish I could remind her of this mistake every time we are in the car.

Later that day, I was reminded of what the apostle Paul said. "Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God. For it is written, He taketh the wise in their own craftiness" (1 Corinthians 3:18-19).

My craftiness has never done well for me. I choose to trust God in every situation that is before me. After all, He knows best.

Dr. James L. Snyder lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 1-352-216-3025 or e-mail jamessnyder51@gmail.com. His website is www.james-snyderministries.com. ★

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With Mary Jane Popp

## Beat The Heat

And so the summer begins and the heat hits us big time. So I asked Dr. Susan Smith-Jones who has made extraordinary contributions on the fields of well-being, anti-aging, and balance living to help us out on POPPOFF. She works with celebs around the world, and she told me water is the key to staying hydrated. Drink water, and eat lots of water-rich foods like...



**Water is the key to staying hydrated. Drink water, and eat lots of water-rich foods.** Photo courtesy RÜSTU BOZKUS from Pixabay

**1. LEAFY GREENS AND SPINACH.** While iceberg lettuce may have a higher water content (96%), spinach is usually a better bet with over 91% water. Piling raw spinach leaves on your sandwich, salad, or smoothies provides as much built-in hydration, with an added nutritional punch of lutein, potassium, fiber, vitamin E, and brain-boosting folate.

**2. STRAWBERRIES.** All berries are good foods for hydration (and rich in vitamin C and polyphenols), but juicy red strawberries are easily the best of the bunch at 91% water. Raspberries and blueberries both hover around 85% water, while blackberries are only slightly better at 88%.

**3. GREEN PEPPERS.** Bell peppers of all shades have a high water content, but green peppers lead the pack at 93% water, just edging out the red and yellow varieties (which are about 92% water). And contrary to popular belief, green peppers contain just as many antioxidants as their slightly sweeter siblings.

**4. CELERY.** Coming in at 95% water, celery is a veggie worth becoming your friend. Like all foods that are high in water, celery has very few calories... just 6 calories per stalk. And its one-two punch helps to fill you up and curb your appetite.

**5. APPLES.** Remember the oft-repeated phrase that an apple a day keeps the doctor away? Well, here's a reminder to show this claim does, indeed hold considerable water. Apples contain an ample supply of water, which accounts for 86% of its total content. They come bearing myriad health benefits including

their ability to boost the immune system, improve digestion, promote heart health, healthy skin as well as improved vision.

**6. CUCUMBERS.** Cucumber, another high-rolling water-rich food, has a 95% water content. Like potatoes, cucumbers are also high in potassium. Cucumbers offer yet another health benefit in the form of Fisetin. Fisetin (a plant polyphenol from the flavonoid group) is an anti-inflammatory agent that's known to support brain health.

**7. TOMATOES.** Another water-rich food, the versatile, hearty tomato has a water content of up to 95%. Nutrient-wise, tomatoes are no slouch. Tomatoes contain high amounts of lycopene (a cancer-fighting carotenoid), vitamin A, vitamin C and potassium, just to name a few.

**8. WATERMELON.** With a water content of 92%, this water-rich food in not only a summertime favorite but also offers high levels of glutathione, one of the body's primary antioxidants and detoxifiers. Don't forget its cousin, the nutrient-rich cantaloupe, which has a 90% water content.

Do check out **Dr. Jones website and sign up for her FREE** monthly newsletter filled with incredible tips... [www.susansmithjones.com](http://www.susansmithjones.com) and check out her latest books... **WIRED FOR HIGH-LEVERL WELLNESS** and **UPLIFTED: 12 Minutes to More Joy, Faith, Kindness, Peace & Vitality.**

**STAY COOL AND BEAT THE HEAT!!!**

## Celebrate Art and Cuisine with the "Sacramento Artists Cookbook"

**Sacramento Fine Arts Center News Release**

**CARMICHAEL, CA (MPG) -** This year Sacramento Fine Arts Center (Sac Arts) celebrates food and art in two ways. We have a food-themed juried art show this November. Information for the juried art show, "A Taste of Art" is available online. We've also received a grant to do something unique and creative: an art cookbook. This community art cookbook will be self-published by Sac Arts with assistance from the Sacramento County TOT Grant program. This cookbook will be made up of recipes from multiple individuals and feature artwork from local artists. Sac Arts is looking forward to working with the community to create a publication that celebrates Sacramento's rich culinary and visual arts sectors.

Cookbook submission is free and open to all residents of the Greater Sacramento Region. Artists may submit their own art and recipe or partner with one another during the submission process.

Artwork must have the theme of "Food". Subject matter can include food, dishes, meals, table settings, still-life's, kitchens,



**Bok Choy Joy by Carolin Moyer**

restaurants, farms, and more. Selection of artwork will be at the discretion of Sacramento Fine Arts Center. Some forms of photography may not be accepted.

Local businesses and home cooks are encouraged to submit recipes.

Sac Arts is accepting submissions online until July 22, 2023. Visit [SacFineArts.org/cookbook](http://SacFineArts.org/cookbook).

Sacramento Fine Arts Center is located at 5330 Gibbons Drive. The gallery is open to the public: Tues. - Fri. 11am - 3pm and

Saturday 11am-5pm. There is no fee to visit our gallery.

The Sacramento Fine Arts Center was founded in 1986. Our Mission is to encourage the creation and presentation of original visual arts, to support the cultural life of the community, and to encourage all artists to fulfill their potential. Classes, exhibits and competitions are ongoing at the Fine Arts Center 5330-B Gibbons Drive, Carmichael, CA 95608.

For more information call (916) 971-3713 or visit: [www.sacfinearts.org](http://www.sacfinearts.org). ★

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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.

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*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](mailto:tim@summitindins.com), or through the agency website; [summitindins.com](http://summitindins.com). (LIC # 0669552)*

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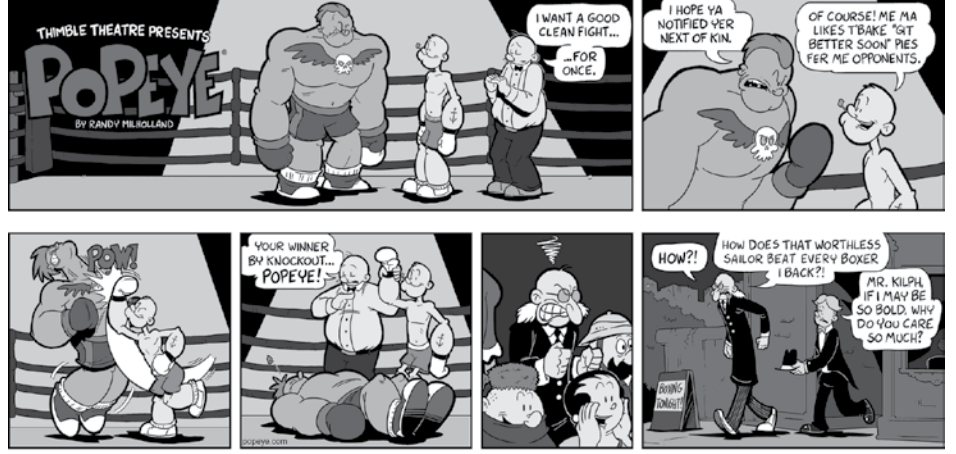
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by Jeff Pickering



## Amber Waves



by Dave T. Phipps



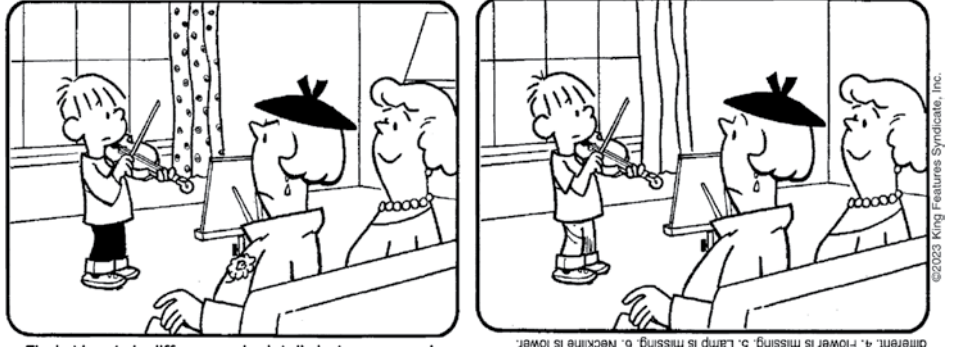
## Out on a Limb



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## GRIN AND BEAR IT



## Just Like Cats & Dogs

by Dave T. Phipps



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  - Sea near Australia
  - Slippery when cold
  - Printer cartridge contents
  - Title of this puzzle, sing.
  - Congressional title, abbr.
  - Title holder
  - \*Run around in these and not make progress
  - \*Cut these to skip steps
  - He had
  - Nicholas II, e.g.
  - Jack-in-the-Box restraint
  - Subway in U.K.
  - What washing machine does
  - Egyptian goddess of love
  - Crescent point
  - Hot rod sticker, e.g.
  - Org. in Brussels
  - Impede
  - Parks or Luxemburg
  - \_\_\_'s, once Canada's famous department store
  - \*One of these in beans lacks importance
  - Barrel-counting org.
  - Nova \_\_\_ Canada
  - Mess up
  - Bugling ungulate
  - Modeling material
  - Robinson in "The Graduate"
  - \*Resting on these stops one from trying
  - \*No use crying over this milk
  - Money in the bank, e.g.
  - Certain frat house letters
  - Little deer
  - Like a disreputable neighborhood
  - College assessment test, acr.
  - Fairy-tale oil lamp dweller
  - Hawaiian tuber
  - "Oui" in English
  - The Three Musketeers' swords
- DOWN**
- Ear-related
  - Skirt length
  - Gulf V.I.P.
  - Moonshine
  - Cloth armband
  - Kaa's warning
  - \*Break it to start a conversation
  - Synchronizes, for short
  - Pillow filler
  - "Green Gables" character
  - Suggestive look
  - Blunders
  - Full of tribulations
  - Derive
  - Dinghy propeller
  - Bear witness
  - \*Read between these for real meaning
  - Writer Asimov

**CROSSWORD**

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4	5	3	2	6	9	7	8	1
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## Help Your Pets Beat the Heat



As the mercury rises, it's important for pet owners to take proactive steps to ensure the well-being and safety of their beloved four-legged companions. This summer, make sure you're aware of the potential dangers posed by extreme heat. Photo courtesy Wolfram Klaeger from Pixabay

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Summer has arrived, and rising temperatures are sure to follow in Sacramento County. As the mercury rises, it's important for pet owners to take proactive steps to ensure the well-being and safety of their beloved four-legged companions. This summer, make sure you're aware of the potential dangers posed by extreme heat and provide essential care to keep your pets cool and comfortable during the sweltering summer season.

Unlike humans, dogs and cats can't sweat to keep cool. Instead, dogs cool themselves off by panting, and both dogs and cats regulate their temperatures through the pads of their feet. As temperatures soar, pets are at a higher risk of heat-related illnesses, such as heatstroke, dehydration, and burned paw pads.

Here are some tips for keeping your pet safe in the heat:

**Never leave pets in parked cars:** Even on seemingly mild days, the temperature inside a parked car can escalate rapidly, turning it into a deadly heat trap. Leaving pets unattended in cars, even with the windows cracked and even for a short period, can have fatal consequences and is against the law in California. If you need to run errands, leave your pets at home where they are safe and comfortable. Check out this video on how hot it gets in cars;

**Hydrate:** Make sure your pets always have access to plenty of fresh, cold water;

**Avoid peak heat hours:** Schedule outdoor activities and walks during cooler parts of the day, such as early mornings or evenings. Asphalt and concrete surfaces can become scorching hot and burn your pet's paw pads, so be mindful of the ground temperature before venturing out. Test the surface with your hand, and if it's too hot for you, it's too hot for your pet;

**Avoid extreme heat:** When temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and shade for them to cool down;

Use sunscreen: Pets get sunburned just like people, and if your pet has light

skin or fur, they can be particularly susceptible to a painful burn and even skin cancer. Use sunscreen on sensitive areas, such as ears or nose, to make sure your pets are protected;

**Create a cool environment:** Provide your pets with a cool and comfortable place to retreat from the heat. Keep them indoors, preferably in air-conditioned rooms. If air conditioning is not available, use fans or open windows to improve air circulation;

**Provide adequate shade:** Make sure there is always access to shaded areas when pets are outdoors. Trees, canopies, umbrellas, or pet-specific shade structures can offer protection from direct sunlight and help keep them cool;

**Be your pet's lifeguard:** While swimming can help pets get exercise without overheating, always supervise pets when swimming either in a pool or in waterways. Dogs can get tired swimming, particularly in rivers where they have to fight against currents. To avoid drowning, make sure they wear life jackets and keep them out of the water when flows are high;

**Watch for signs of heatstroke:** Familiarize yourself with the symptoms of heatstroke in pets, which can include excessive panting, drooling, glazed eyes, a rapid pulse, lethargy, vomiting, and collapse. If you suspect your pet is suffering from heatstroke, move them to a cool area, apply cool (not cold) water to their body, and seek immediate veterinary attention.

For more tips on keeping pets safe in hot weather, visit the Hot Weather Pet Tips page. For other animal issues and pet owner resources, visit the Bradshaw Animal Shelter website.

Don't have a pet? Find a best friend to spend the summer with at Bradshaw Animal Shelter! To start the adoption process, visit the Adoptable Animals webpage or visit the shelter Tuesday through Sunday from 12 p.m. - 5 p.m., Wednesdays from 12 p.m. - 6 p.m. The shelter is located at 3839 Bradshaw Rd. in Sacramento.

For a list of available animal care services, including walk-in licensing and how to report a lost or found pet, visit [animalcare.saccounty.gov](http://animalcare.saccounty.gov). ★

## Jehovah's Witness Conventions Returning to Downtown Sacramento

### Jehovah's Witness News Release

**SACRAMENTO REGION, CA (MPG)** - After a three-year pandemic pause, one of the largest convention organizations in the world has chosen downtown Sacramento to host its global three-day event, the 2023 "Exercise Patience"! Convention.

The return happens just in time to use the newly renovated SAFE Credit Union Convention Center, and will draw an estimated 28,000 attendees to the downtown area during a time when most locals are away for the summer.

Prior to 2020, summers in Sacramento drew Jehovah's Witnesses from all over Northern California who filled hotels and restaurants as they attended their annual conventions at the Sleep Train Arena. In 2020, the pandemic interrupted that tradition when the Witnesses canceled their in-person events throughout the world and held their convention programs as virtual events in more than 500 languages. Starting in late June of this year, the Witnesses will bring back the tradition to Sacramento, hosting conventions exclusively downtown at the SAFE Credit Union Convention Center. Conventions will be held over seven weekends this summer starting June 30, 2023, and ending Aug 13, 2023. The conventions will be held in English for five weekends and two (July 14-16, July 21-23) in Spanish.

"After three years



Jehovah's Witnesses return to downtown Sacramento for in-person conventions after a three-year pandemic pause. Photo courtesy of Jehovah's Witness

without in-person conventions, we can't wait to gather together again for these special annual events," said Adrian Barnes, local spokesman for Jehovah's Witnesses. "It's particularly exciting that we are returning to support beautiful downtown Sacramento, where the local restaurants, businesses and residents have always been welcoming."

Some 6,000 conventions will be held worldwide as part of the 2023 "Exercise Patience"! Convention series. In the United States alone, more than 700 conventions will be held in 144 host cities. From Friday through Sunday, six convention sessions will explore the quality of patience, highlighting its modern-day relevance through Scriptural examples. A live baptism will be performed following the Saturday morning session and a prerecorded drama will be featured in two parts during the Saturday and Sunday afternoon sessions.

"Given the challenges

we face today as individuals and communities, the theme of our convention, "Exercise Patience"! is particularly timely," said Barnes. "The three-day program will share practical ways attendees can cultivate and display patience, which in turn contributes to stronger relationships and more compassionate communities, including right here in Sacramento."

Jehovah's Witnesses have been holding public conventions in stadiums, arenas, convention centers, and theaters around the world for more than 100 years. After resuming smaller in-person meetings and their public ministry during 2022, the summer of 2023 marks the first time they will gather at much larger regional events around the world since the lifting of pandemic restrictions.

The convention is open to the public and no collection is taken. For more information on the program or to find other convention locations and dates, please go to [jw.org](http://jw.org) and navigate to the "About Us" tab. ★

## SAFE Credit Union Awards \$24,000 in Scholarships

### SAFE Credit Union News Release

**SACRAMENTO REGION, CA (MPG)** - SAFE Credit Union is awarding \$24,000 in scholarships to 12 Amador, El Dorado, Placer and Sacramento area 2023 high school graduates.

Doubling its annual award from previous years, SAFE gave each recipient a \$2,000 scholarship.

"Congratulations to this year's remarkable group of scholarship award winners," says SAFE Credit Union President and CEO Faye Nabhani. "We are proud to support you in your educational journey toward rewarding and fulfilling careers."

SAFE offers 10 high school scholarships to its members and to two SAFE employee family members each year.

This year's winners are Dulce Terrazas Villa, (Bella Vista High School), John Hayes (Whitney High School), Grace Gonzales (Roseville High School), Analaura Gasca, (Center High School) Derek Larson (Christian Brothers High School), Shamar Knox, (C.K. McClatchy High School), Rosalinda Sanchez-Gonzales, (Union Mine



Dulce Terrazas Villa, Bella Vista High School. Photo courtesy of SAFE Credit Union



Abigail Rose, Mesa Verde High School. Photo courtesy of SAFE Credit Union

High School), Sofia Perez-Lanza, (St. Francis High School); Abigail Rose, (Mesa Verde High School), Emma Lee, (Amador High School), Olivia Moniz, (Rocklin High School), and Tait de Boer (C.K. McClatchy High School).

The scholarships – offered to high school seniors with membership ties to SAFE and who plan to continue their education at college, community college, trade school or university – were awarded based on grade point average, personal statements, and letters of recommendation.

"Congratulations to this year's scholarship recipients – you rocked it," says SAFE Community Impact Specialist Brit Kelleher. "Our scholarship committee was very impressed with your award

submissions, and we are so happy to be able to support you as you further pursue your education."

Since first offering the scholarships more than 20 years ago, SAFE has awarded over \$200,000 to students living in the 13 Northern California counties the credit union serves.

To be eligible, high school applicants must attend schools in Alameda, Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Yolo and Yuba counties and be members of SAFE, or their parents or guardians are members of SAFE.

SAFE annually gives the awards as part of its commitment to the credit union principle to share its success with communities, as well as its three pillars of philanthropy: education, health and veterans. ★

## Stay Comfortable and Save Money as Temperatures Rise

### SMUD News Release

**SACRAMENTO REGION, CA (MPG)** - As the mercury rises in Sacramento, residents are seeking ways to stay comfortable in their homes without breaking their budget. While SMUD customers enjoy some of the lowest rates in California, air conditioning needs can drive customer usage and bills during these hot summer months, so SMUD is offering tips on how to stay comfortable in your home while also saving money.

It's easy to keep energy use in check without giving up cooling comfort. One of the easiest ways to save is to pay attention to when you are using energy. Energy rates are cheapest during off-peak hours before 5 p.m. and after 8 p.m. That means customers can save by minimizing energy use during the week between 5 p.m. to 8 p.m.

Another easy step is to prevent your home from heating up, which can reduce immediate cooling costs and help save on long-term costs from wear and tear on cooling equipment.

SMUD has more energy-saving solutions on its website and offers additional tips to save:

In the summer, use fans and close blinds

on windows that get direct sun; Swap out light bulbs for LEDs; Change your air filter and clean your HVAC unit; Use a programmable/smart thermostat to help control HVAC use; For every 2 degrees that you turn up your thermostat, you can save 5-10 percent on cooling costs; Avoid using multiple large appliances at the same time, especially during peak hours; On hot days, BBQ outside or use small cooking appliances like crock pots and microwaves to help keep your house cool; Pre-cool your home before 5 p.m.; Customers can get customized tips, manage their bills and set up alerts on the website.

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. SMUD's power supply is on average about 50 percent carbon free and SMUD has a goal to reach zero carbon in its electricity supply by 2030. For more information on SMUD's Zero Carbon Plan and its customer programs, visit [smud.org](http://smud.org). ★

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# State Parks Reopens Application Period for Peace Officer Cadet Exams

## California State Parks News Release

**SACRAMENTO, CA (MPG)** - California State Parks has reopened the application period for the State Park Peace Officer Cadet exams. The department invites individuals to “Live the Parks Life” as rangers or lifeguards in the nation’s largest state park system. The new deadline to apply is Monday, July 31, 2023. Cadet academy graduates can serve the state as rangers and lifeguards to safeguard both visitors and the historical, cultural and natural resources found in 280 state park units. Offices are located near beaches or waterways, or in deserts, parks, museums, historic parks and state vehicular recreation areas.

“I know firsthand how rewarding it is to be a ranger to not only ensure public safety, but to educate our visitors about the rich history and amazing state parks available here in California,” said California State Parks Director Armando Quintero. “We invite you to Live the Parks Life by applying to the State Park Peace Officer Cadet Academy.”

The minimum age to be a peace officer is 21 years old. Candidates are required to have a valid California driver’s license and have 60 units of college credits, with 21 units being general education.

The entire selection process for becoming a ranger or lifeguard takes approximately 15 months. The first step in the selection/examination process is to mail, email or hand deliver an application during the open application period. The application is used to determine if the candidate meets the minimum qualifications for admission into the examination, which consists of the Peace Officer Standards and Training (POST) Entry Level Law Enforcement Test Battery written exam. This exam is used to admit the candidate into the next phases of the selection process, which include the



Serving in California’s State Park System is a unique opportunity to make an everlasting impact on the state’s natural landscapes. In the image: State Park Peace Officer Angelica Stevens and K-9 Halo. Photo courtesy of California State Parks

physical agility test, background investigation, oral interview, and medical and psychological evaluations. Successful applicants will be sent a notification to attend the eight-month-long POST-certified law enforcement academy.

The academy instruction prepares cadets physically, mentally and emotionally to enter the workforce as a state park peace officer ranger or lifeguard. Rangers and lifeguards are sworn officers equipped with a firearm and badge. Cadets will learn how to conduct

investigations, make physical arrests, use firearms and perform emergency responses. Training also includes how to actively protect park resources, assist visitors and run interpretive programs.

Below are some frequently asked questions regarding the State Park Peace Officer Cadet Academy:

**Do I have to carry a firearm to serve as a ranger or lifeguard?**

Yes. Cadet training includes how to conduct investigations, make physical arrests, use firearms

and perform emergency responses.

**What is the age minimum and age maximum to apply?**

Candidates must be at least 21 years of age to become a peace officer. State Park Peace Officer’s mandatory retirement age is 65 years, but there is no maximum application age.

**I have not completed two years of college yet. Can I still apply while I am still taking classes?**

Candidates may be enrolled in college at the time of application

but must have at least 21 units of general education credits satisfying general education curriculum standards with courses (which may include courses in natural science, social science, mathematics, language and humanities). By the time of appointment, a candidate must have completed 60 semester units of study at a state-accredited college or university. A degree in park administration, natural sciences, social sciences, law enforcement or a related field is desirable.

**Where is the Cadet Academy located?**

Most cadets attend training at Butte College Law Enforcement Academy (Butte County). However, the department may utilize several academy sites, including Mott Training Center at Asilomar in Pacific Grove, South Bay Regional Public Safety Academy at Fort Ord in Monterey, and the Ben Clark Law Enforcement Training facility in Riverside. It is at the department’s discretion to determine an academy location for each class.

**Do I get paid while at the academy?**

Yes. Cadets earn a salary; currently, the monthly salary range is \$3,930 to \$5,300. Most cadets start at the low end of the range unless they are a current state employee with a salary within the range.

To hire a workforce reflective of California’s diverse population, California State Parks is committed to ensuring equal access and connecting all job seekers to opportunities through fair hiring and employment practices. For more information on the cadet exams, minimum qualifications, additional frequently asked questions and a timeline of the recruitment cycle, please visit [LiveTheParksLife.com](http://LiveTheParksLife.com).

Please send questions regarding other employment opportunities at California State Parks to the Workforce Planning and Recruitment Office at [recruiting@parks.ca.gov](mailto:recruiting@parks.ca.gov) ★

## Pancho Villa BBQ Coming to Fair Oaks



The new Pancho Villa BBQ restaurant will have a capacity of 180 patrons in a 4,400-square-foot location at 6716 Madison Avenue.

### Story and photos by Thomas J. Sullivan

**FAIR OAKS, CA (MPG)** - Look out Fair Oaks, Pancho Villa is heading your way, and he’s bringing his signature smoked BBQ to town.

Husband and wife, Luis and Tammy Chavez, and co-partner Alberto Hernandez, are owners of Pancho Villa BBQ and Catering, a popular mobile food truck which has served the greater Sacramento and Placer counties until late April and have earned a well-deserved following for their smoked American BBQ with a hint of Mexican fusion cuisine.

On April 18th, the mobile truck and trailer suffered a broken axle while heading to an event, which caused it to flip over on the freeway. No one was injured in the accident, but the rig was a total loss, Chavez said, and all future events the owners had scheduled were cancelled.

Their planned 4,400-square-foot restaurant, in what was once a Godfather’s Pizza restaurant in the Madison Village Plaza, near the corner of Dewey Drive and Madison Avenue at 6716 Madison Avenue, is expected to open in July, said Tammy Chavez.

Pancho Villa BBQ, a member of both the Citrus

smoker was being installed in front of the restaurant.

“We’ll be out of commission for a time, but we’ll do our very best to try and finish the restaurant as quickly as we can,” Chavez said. “We can’t wait to welcome everyone soon to our new home in Fair Oaks,” Chavez said.

Once the mobile truck and trailer returns to service, Pancho Villa BBQ will



A large smoker was transported and installed for the Pancho Villa BBQ restaurant. In the image husband Luis Chavez (center) and wife Tammy (left) with their co-partner Alberto Hernandez (right).

Heights and Fair Oaks Chambers of commerce earned first place honors for food truck of the year in Fair Oaks in 2022. The truck has also been featured on Fox40 television and Good Day Sacramento.

She took to social media to thank all those who learned of the accident and offered their support and concern.

“We especially wanted to reach out to everyone to thank you for all of your messages of good will. From the bottom of our hearts, we appreciate it, and hope to see everyone real soon,” Chavez said in a video post.

It won’t be long before the hearty, rich scent of BBQ fills the air near the corner of Madison Avenue and in Fair Oaks. A large outdoor

resume its regular circuit of bookings and special events where it became first known.

Chavez said the restaurant’s menu is in the process of being finalized, but center stage will be its generous portions of baby back ribs in its own BBQ sauce and tri-tip.

The new restaurant will have a capacity of 180 patrons and will start with an initial kitchen staff of 10. Family members are helping with interior décor.

“Our philosophy is simple, make great food and serve it well,” said co-owner Tammy Chavez.

Follow Pancho Villa BBQ on social media and on the web at [panchovillabbq.com](http://panchovillabbq.com) when news of its opening date will be announced. ★

## Twelve O’Clock Tales with Ava Gardner



“I always loved too well, but never wisely.”  
- Ava Gardner

Written by Alessandra Assaf and Michael Lorre  
Directed by Michael A. Shepperd

Featuring Alessandra Assaf as Ava Gardner



The Cal Cap Black Box Theatre hosts Twelve O’Clock Tales with Ava Gardner. Hollywood, California 1974. On the set of the blockbuster disaster film, Earthquake, Oscar-nominated screen siren Ava Gardner is focusing on her first big-budget starring role in over a decade. Tucked away in her dressing room bungalow, the queen of the scandal sheets does battle with her past. But only a fool would bet against Ava.

Friday, July 21 @ 7:30 pm  
Saturday, July 22 @ 7:30 pm  
Sunday, July 23 @ 2:00 pm

Tickets \$20

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**WEEKLY MEAT SPECIALS**

Beef Cross Rib/Shoulder Roast - Bnls REG. \$3.99/lb <b>\$3.99</b> /lb	Beef T-Bone Steak Filet Chuletón de Ternera REG. \$5.99/lb <b>\$5.99</b> /lb	Beef Porterhouse Steak Filet Biste de Ternera REG. \$6.49/lb <b>\$6.49</b> /lb
Chicken Drumsticks Piernas de Pollo <b>59¢</b> /lb	Shoulder Clod Steak Filet de Pastrilla <b>\$3.99</b> /lb	Party Wings 2.5 LBS <b>\$3.99</b> /bag

**FRESH PRODUCE**

Fuji Apple 69¢/lb	Russet Potato 10 lbs \$4.59	Rainbow Bellpeper 2 lbs \$2.29	Honey Gold Potato 3 lbs \$2.99
Yellow Onion 3 lbs \$2.49	White Nectarine \$1.49/lb	Enoki Mushroom 150 g \$1.99	Mini King Mushroom 300 g \$2.79

**AMERICAN/HISPANIC GROCERY**

EED All-Purpose Flour 5 lb \$3.99	Planters Dry Roasted Peanuts 16 oz \$3.99	Kraft BBQ Sauce Original & Sweet Honey 18 oz \$1.79	SPAM 12 oz \$3.79	SPAM 12 oz \$2.99	Tree Top 100% Apple Juice 64 oz \$2.99
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**ASIAN GROCERY**

Fiji Ocean Mackerel 15 oz \$2.99	Fami Original Soy Milk 1 liter \$2.49	LLS Coconut Water in a Case 24 x 10 Fl oz \$2.49	Joy Luck Shitake Mushroom Strip 3.5 oz \$4.49	Oz & Palm Corned Beef 15 oz \$6.99
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**EUROPEAN GROCERY**

Inde European 100% Thai Jasmine Rice 5 lbs \$5.99	Zepha Sweet Roasted Red Peppers 67.9 oz \$9.99	Nordmanns Zazas Seedling 500 gr \$5.99	Balsam Tiramisu Cake 400 gr \$4.99	Majoli White & Soft Rock Candy Stick 150 gr \$3.49
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**KOREAN/JAPANESE GROCERY**

Product of Korea White Rice 20 lbs \$19.99	Seaweed 26 x 0.14 oz \$3.99	Salt Brink (Moring) Rice 1.5 lbs \$2.99	Late Cooking Rice 3 x 20 g \$2.99	Snack Pop 3 kinds 50 g \$1.49
Choco and Peanut Pie 6 x 3.5 g \$2.99	Milly Cha Cha Bar 2 Linds 2.57 oz \$2.49	Onigiri Black & Soy Bean 30 oz \$7.99	Seaweed Mixed Salad 4 oz \$1.99	Sho Chito Bar Solo Bar 15 lbs \$7.99
Soba & Sesame Sauce 12.17 oz \$3.99	Edamame Soybean Oil 36 oz \$19.99			

**FROZEN & FISH DEPT**

Punjabi Samosa 25 pcs \$12.99	REG. \$18.99/ea
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