



Get Out and Vote!

Casa Wins GEL Title

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AMERICAN RIVER Messenger

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Student Test Scores Plunge



State test results show California students overall performed much worse in math and English language arts than pre-pandemic. Tatyana Gladskikh @ Dreamstime.com

By Joe Hong and Erica Yee, CALMatters.org

California's Education Department released student test scores showing a statewide decline that nearly wiped out the academic progress made since the state overhauled how it funds education in 2014.

The gist of the scores, the most extensive measure so far of the COVID-19 pandemic's impact on student achievement: The percentage of California students meeting

state math standards plummeted 7 percentage points to 33%, and the percentage meeting English language standards dropped 4 percentage points, to 47%.

Some scores for students of color and those from low-income households dropped less dramatically than their counterparts, an indication that the state's funding formula, which sends more money to high-needs districts, worked to soften the blow of two years of disrupted learning.

As if to prove that pandemic

learning loss is not just a California problem, officials released the state data to the public on the same day that results of a different test, nicknamed the Nation's Report Card, revealed an unprecedented score dive among a sampling of students nationwide.

Gov. Gavin Newsom swiftly issued a press release headlined "California outperforms most states in minimizing learning loss..." Various state officials credited the state's

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CHP Receives Grant to Reduce Teen Distracted Driving

CHP News Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) announced today that it received a grant from the Office of Traffic Safety (OTS) to help promote safe driving behaviors for teens.

The Teen Distracted Driving (TDD) II grant announcement coincides with National Teen Driver Safety Week October 16-22. The number one killer of teens in America is car crashes. Using cell phones, eating, drinking, changing the music, or simply talking with friends are all activities teens engage in every day, but these activities become life-threatening hazards while driving. Distracted or inattentive driving presents a significant danger to all motorists.

The grant-funded Teen Distracted Driving campaign consists of an education component that will allow CHP officers and traffic safety partners to make appearances at schools and community events throughout the state. Distracted driving enforcement operations will be conducted during National Teen Driver Safety Week in October and National Distracted Driving Awareness Month in April.

According to the California Department of Motor Vehicles, there are nearly 792,970 licensed teenage drivers in California, which increased by 6 percent since last year. Data from the CHP's Statewide Integrated Traffic Records System indicated that in 2020 there were 6,644 fatal and injury crashes involving teen drivers between 15 and 19 years of age. This age group has the largest proportion of drivers who were distracted at the time of the fatal crashes.

"The combination of inattention and inexperience behind the wheel can lead to tragedy," said CHP Commissioner Amanda Ray. "This grant will assist our officers in keeping California's roads safe, while addressing California's distracted driving crisis among the state's teens."

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. ★

Ride and Read on the New Sacramento Rolling Library Train

SacRT News Release

SACRAMENTO, CA (MPG) - On August 31, the Sacramento Regional Transit District (SacRT) and the Sacramento Public Library launched Sacramento's first Rolling Library Train during an event at the Cosumnes River College Station. The brightly decorated train promotes riding and reading. This is also the first time the interior of a SacRT light rail train has been completely reimaged.

Riders can sit back, relax and read a book while Sacramento's new rolling Library Train takes them to their destination.

When you step onboard



Ride and Read Group shot. Photo courtesy of the Sacramento Regional Transit District

the library train, you will feel like you have been transported into a library as the walls and seatbacks

resemble books on shelves. Riders can find hidden gems on those bookshelves featuring QR codes to

free downloadable materials from the Sacramento Public Library.

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San Juan School Board

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Rams Clash for League Title

Casa demolishes Dixon to win Golden Empire League

Story and photos by Shaun Holkko, sports editor

ORANGEVALE, CA (MPG) - Many early morning practices and dedication to their craft paid off Friday night for the Casa Roble varsity football team as the Rams were crowned champions of the Golden Empire League.

In a clash of the Rams, Casa demolished Dixon and prevailed 41-14. Both teams came into the game at 8-1 overall and 4-0 in league play.

All season there has been a debate about who the best team in the GEL was, whether it was the reigning champions from Dixon or Casa who came into the game on an eight-game winning streak. Following the game on Friday, October 28, the answer to that question was clear, the Rams that run the GEL hail from Orangevale.

"It means the world to us. Ever since February we were just grinding it out on the field. Ever since February, it was all leading up to this moment right here," said Casa senior running back Josh Taylor. "This is what we worked for (but) I think we deserve it as well. Nobody works like us."

"We're out here in the morning, 7:15, putting in that work and nobody will outwork us, we're the best."

Casa got going early, as Taylor broke multiple tackles and stumbled on a 19-yard rush into the end zone on 4th and 1 nearly seven minutes into the game. Casa's next score was set up quickly by junior Logan March who intercepted Dixon senior quarterback Jett Harris 25-seconds after Casa's first touchdown.

The Rams of Orangevale took advantage of the costly mistake



The Casa Roble varsity football team poses for a photo after a 41-14 win against Dixon in the Golden Empire League championship game on Friday, October 28 in Orangevale.

as sophomore quarterback Connor Campbell found junior wide receiver Cole Owens for the 27-yard score on 3rd and 6. Owens has been one of the team's best players all season and was given the nickname "Cyborg" by Casa coach Chris Horner.

The remainder of the first half included multiple punts, a blocked field goal by Dixon and Campbell with two turnovers, one interception and one lost fumble. However, Dixon struggled to get into the end zone, leaving the score 14-0 Casa at halftime.

Casa took a decisive advantage midway through the third quarter when junior outside linebacker Evan Combs intercepted Harris. Combs looked like he was going to go down

several times. Nevertheless, broken tackle after broken tackle, the junior ran all the way into the end zone for six.

Dixon finally got on the scoreboard with 3:43 left in the third period, when Harris found senior wide receiver Brent Green for a nine-yard score. Dixon attempted an onside kick to get back into the game, but it failed, subsequently giving Casa great field position to start its next drive.

Recent varsity call-up, sophomore running back Braylen Blevins, got into the action in the second half after Taylor hurt his knee, scoring twice on the ground.

"My buddy Braylen Blevins, he was kicking a** tonight," Taylor said. "He's a sophomore, he got pulled up and I'm proud

of that dude so much. And the (offensive) line as well, such great players, such a great family that we have here."

In between Blevins' two scores, Dixon senior running back Braden Baumbach rushed in for a touchdown from two yards out.

The final scoring play of the game came with 5:24 remaining. Owens set it up with an interception defensively. On the next offensive play, Owens bobbled and hauled in a 70-yard bomb from Campbell for his second touchdown of the night. Casa ultimately won 41-14 to cement themselves in history as league champions.

Owens had a monster performance with seven catches for 159 yards and two scores, plus the interception on defense.

"Is Cole Owens not the greatest football player to watch? He's so much freaking fun to watch, man," Horner told the American River Messenger seconds after the win. "He's such a good kid, he's humble, tosses the ball back to the official (and says) 'let's go play football again.' He's amazing."

Campbell finished 10-of-15 passing for 232 yards, two touchdowns and one interception. The sophomore added four carries for 49 yards on the ground. Fellow sophomore, Blevins, racked up a game-high 103 rushing yards on 11 attempts with two scores in his first varsity game. Taylor tallied 13 carries for 74 yards and a touchdown.

Horner said on Friday night that his team planned to "sit in the student union, ice our boo-boos, take some Motrin for the inflammation and find out who the heck we're playing," on Sunday afternoon when the playoff brackets were revealed.

Casa discovered its postseason fate on October 30 when the CIF Sac-Joaquin Section released its playoff brackets. The Rams are the No. 2 seed in the Division IV bracket and have earned a first-round bye. Casa will play the winner of No. 7 Capital Christian versus No. 10 Wood.

"The team's mindset is, we knew (on Friday night) that we had to play in a dominating fashion because we need that first round bye, we needed it," Horner explained. "We need to get healthy and get our minds straight, we're a young football team. These guys play hard (and) are pretty freaking good at football, it's fun to watch."

Casa will host the second round of the playoffs on November 11 at 7 p.m. ★



Re-elect Ralph Carhart

CARHART

Director, Fair Oaks Recreation & Park District

VOTE NOVEMBER 8

ENDORSEMENTS

- County Supervisor Rich Desmond
- Roberta and Craig McGlashan
- John O'Farrell
- Darren Mounts
- Raymond James Irwin
- Delinda Tamagni
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- Roger Niello
- Ramey Osborne
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- Rose Erickson
- Joe Dobrowski
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- Prab Sethi
- Don Troutman
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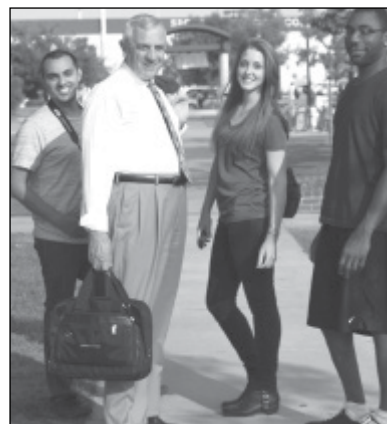
The Nonpartisan Choice

The elected Board of Trustees for the Los Rios Community College District oversee California's second largest community college district with 61,560 students currently enrolled. Los Rios colleges have provided the Capital Region with high quality academic and career training for over a 100 years.

There are 2,050 permanent full-time faculty and staff and 1500 part time adjunct faculty. The 2022-23 budget for the district's four campuses and ten satellite/ community centers is \$700 million. Federal, State, and private sources awarded \$161 million in student financial assistance last year.

The district currently offers 1,727 unique courses in 6,192 sections both on-line and on-ground. Since 2002 \$811 million in voter approved General Obligation Bond and other funding has been invested in the district's instructional and public service buildings throughout the Capital Region.

American River College offers 48 career technical programs in 15 different pathways including Building Trades & Construction; Health Science & Medical Technology; Finance and Business; Manufacturing and Product Development; and Public Services. Sacramento residents can begin a career with hands on training by faculty that include working professionals in their industry. The cost is six times less money per year than at a CSU campus; and 14 times less than at a UC campus. And fully 90% of Los Rios students do NOT have any government loan debt.



VOTE Robert Jones Los Rios Trustee

As your Trustee, I will continue to

- Advocate for total accountability in the use of all public tax revenue, student fees and awarded money.
- Support faculty and staff initiatives that advance student success in transfer, degree, certificate, and career technical education.
- Preserve California's legacy of affordable access to our colleges.
- Foster collaborative relationships with businesses, labor, civic leaders, and regional communities to guide the development of career technical programs including apprenticeship opportunities.

Robert has decades of practical experience and leadership accomplishments and a life-long commitment to helping Capital Region students and their families achieve their career goals.

His reelection is supported by all the members of the Los Rios Board of Trustees.

TEACHER/PROFESSOR

American Government at Lassen, Shasta, and San Mateo Community Colleges; CSU Sacramento, Chico, San Francisco, and Dominguez Hills; UC Santa Barbara; and Peace Corps.

ADMINISTRATOR

Vice President Emeritus California State University Sacramento; Assistant Dean of Students CSU Chico; Executive Dean CSU Dominguez Hills. Director of Protocol Los Angeles Olympic Games; Staff California Assembly Committee on Education; Director Public Service Programs Office of the President University.

CAPITAL REGION COMMUNITY SERVICE

former board member Sacramento Valley Conservancy, Capital Public Radio, Sacramento Entrepreneurship Academy and Sacramento Arts and Business Council.

FAMILY

Fair Oaks resident for 33 years; wife Julianne a retired public elementary school teacher. Adult children are Jennine a career nurse with the San Diego Veterans Administration, and Jennifer a Research Associate with Scripps Whittier Diabetes Institute. Everyone in the family has been educated by California public school teachers.

PROFESSIONAL PREPARATION

El Cerrito High School, Apprentice Meat Cutters and Butcher Workman of North America, Contra Costa Community College, San Francisco State University, University of California Santa Barbara, and Harvard University.

Community Outreach Marks Church's 125th Anniversary



Pastor Carieta Cain-Grizzell with husband Martin Grizzell pose with the dedicated group of volunteers who worked for many hours to make their community outreach on this special day a reality. Photo by Tim Barkley

By Elise Spleiss

FAIR OAKS, CA (MPG) - The day finally arrived as members and staff of the Fair Oaks United Methodist Church, local businesses and others came together for a Community Open House, inviting the community to visit and join their church home.

Disc Jockey and Master of Ceremonies Tom Jas entertained with upbeat music and guided visitors to the different areas, especially a highlight of the event, the free silent auction, offering prizes of over 50 elegant gift baskets and other gifts to happy winners.

For two hours attendees visited community vendor booths, enjoyed the music of the California State Old Time Fiddlers, met a representative of the Sheriff's office with their patrol car, and displayed one of Sac Metro Fire Department's engines available for inspection.

Delicious complimentary hot dog

lunches for all were provided by Paul March's food truck.

The Little Methodist Preschool staff and families provided a bounce house and Kiddie Cars to their young visitors while the adults checked out the vintage autos sponsored by Dave and Angie Grech. The school offers preschool and pre-kindergarten classes from 9 a.m. to noon each day, learning through art, learning centers, play indie and outside and drama play.

Most of all, the event brought the church and school together with the community.

A community health fair is one project Pastor Carieta would like to sponsor, possibly in the Spring. The Fair Oaks United Methodist Church is active and ready to serve all members of their community.

All are invited to Sunday church services, Sunday School and Bible study and to be part of their active community service, local and international programs and ministries, future events and more. ★

Fair Oaks Chamber Celebrates 68 Years!



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Did you know the Fair Oaks Chamber of Commerce (FOCC) has been going strong for 68 years? Established in 1954, the chamber has a long history of giving back to the community and partnering with local businesses to help promote growth and success.

If you've been thinking about joining the chamber, now is the time! Join today during the chamber's fall membership drive and defer your annual renewal into January 2024!

Step into the new year as an integral member of the Fair Oaks community and connect with other prominent local business leaders.

In addition to regular networking and promotional opportunities, chamber members are eligible to be nominated for the annual Best of Fair Oaks event. Voting for 2022 winners kicks off on Nov. 10 at bestoffairoaks.com. Last year more than 300 local businesses and organizations received votes in 55 different categories, and that number is expected to grow this year!

A chamber membership is a win-win for the community and for your business. Join today at fairoakschamber.com. For questions, please contact Kimberley Pitillo, FOCC executive director, at (916) 967-2903 or info@fairoakschamber.com.

Come Celebrate with the Chamber

Join in the celebration at a special FOCC ribbon cutting event and luncheon on Nov. 17 from 11:30 a.m. to 1 p.m. at Divided Sky Tavern in Fair Oaks. Pre-registration is required at fairoakschamber.com or call (916) 967-2903.

Help Spread the Cheer

This December promises to be one to remember with fun events happening all month long! Highlights include the 2nd annual Jingle Bowl on Dec. 2 from 3-5:30 p.m. at Fireside Lanes in Citrus Heights. Pre-register as in individual or team by Nov. 30 at fairoakschamber.com. Event sponsorships are also available.

The annual Christmas in Fair Oaks event is happening on Dec. 3 from 2-6 p.m. at Fair Oaks Park, 11549 Fair Oaks Blvd. This holiday celebration is free and features live music, stage performances, craft and community vendors, games and activities, Santa and Mrs. Claus, and food trucks. Also, don't miss the lighting of the holiday tree at 5:30 p.m.!

For more information on these events, please visit fairoakschamber.com. Be sure and check the website regularly to learn about other fun holiday activities happening in December. ★
See you in Fair Oaks!

Remember Our Veterans and Their Sacrifices



The procession route taken by Citrus Heights Police motorcade and other vehicles into Sylvan Cemetery. Photo courtesy of Sylvan Cemetery District

Sylvan Cemetery District News Release

CITRUS HEIGHTS, CA (MPG) - Veterans Day will be celebrated on Friday, November 11, this year. Veterans Day, not to be confused with Memorial Day, is a day of remembering the men and women who served in the United States Armed Forces. Memorial Day on the other hand remembers those that 'Gave their all and did not return'. Veterans Day, first called Armistice Day in recognition of the end of WWI, is now the day that we remember all those that have served our Country in the past 247 years.

Every year, Sylvan Cemetery in Citrus Heights honors all those that have worn the uniform - U.S. Army, U.S. Navy, U.S. Marine, U.S. Airforce, U.S. Coast Guard, and U.S. National Guard-in the defense of America. We take time to salute the

over 40 million men and women that have served defending our country since 1775.

This year the Veterans Day service is planned to be held on Friday, November 11, 2022, at 11:00 am at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights.

We are planning on going forward with our normal Veterans Day ceremony at Sylvan Cemetery in honor of all the Veterans. The Harmony Express will be in attendance to sing some patriotic songs as well as the CHPD honor guard to post this Nation's colors and present a Rifle Salute and the playing of TAPS at the conclusion.

Folding chairs will be provided for those that want to sit but there will be standing room as well. We would love to have you here but if you are concerned about your health and do not want to attend-we understand.

Please Always Keep our Veterans in your Heart and in your Prayers. ★

FORPD Receives an AA- Rating for Measure J Bonds

FORPD News Release

FAIR OAKS, CA (MPG) - Measure J was a first ever General Obligation Bond Measure that was passed by the Voters of Fair Oaks in November 2018 for \$26.9 million to do Park renovations and improvements.

To sell the Bonds, the Fair Oaks Recreation & Park District (FORPD) needed to obtain a Bond Rating, which is very similar to a credit score. FORPD sought a Bond Rating from Standard & Poor's (S&P) which is the oldest credit ranking agency and one of the three Nationally Recognized Statistical Rating Organizations accredited by the U.S. Securities and Exchange Commission. The company covers more than one million credit ratings on government and corporate bonds, structured finance entities, and securities.

Bond ratings are representations of the creditworthiness of government bonds. The rating is published by S&P and provide evaluations of FORPD's financial strength and capacity to repay the bond's principal and interest.

This October, S&P Global Ratings assigned its "AA- long-term rating to Fair

Oaks Recreation & Park District for the third and final issuance of Bonds from the 2018 Measure J General Obligation Bond."

An AA- rating is given to entities that have a very high capacity to repay their loans due to their financial position and attitude towards repaying debt. FORPD'S Board of Directors currently led by Chairman Raymond James Irwin, Vice Chair Darren Mounts, Director Ralph Carhart, Director Delinda Tamagni, and Director John O'Farrell have practiced sound financial management that has created the opportunity to receive such a high credit rating. The AA- rating is estimated to save the taxpayers of Fair Oaks \$900,000.

S&P says this about FORPD: Very diverse tax base in Sacramento region with very strong incomes and extremely strong property wealth indicators; Record of maintaining strong to very strong available general fund reserves; Strong financial position that is supported by predictable tax revenues; The stable outlook reflects our (S&P) expectation of continued balanced operational results, despite rising expenditures over the next few fiscal years. ★

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- **Community Service** •
Elder, Celtic Cross Church, Citrus Heights
Big Brother/Big Sister Program (13 years)
Rotary Club of Orangevale
School and district governance
San Juan School Board president, vice president, and clerk (2x each)
School site council at 2 schools
Curriculum and Instruction Committee (8 years)

Help me apply the experiences of my lifetime to help our children and youth!

De'Aaron Fox Surprises Local Breast Cancer Survivors



Sacramento Kings guard De'Aaron Fox and breast cancer survivors with their families pose for a photo in front of the Sacramento Metro Fire Cancer Engine on Friday, October 7 in Sacramento. Photo courtesy of the Albie Aware Breast Cancer Foundation

By Shaun Holkko, sports editor

SACRAMENTO, CA (MPG) - Sacramento Kings sixth year guard De'Aaron Fox recently partnered with the Albie Aware Breast Cancer Foundation to surprise local breast cancer survivors.

Fox and Albie Aware were joined on the surprise squad by Kaiser Permanente and the Sacramento Metropolitan Fire District on October 7.

"The Sacramento Kings, Kaiser Permanente, Metro Fire and Albie Aware have come together to celebrate breast cancer survivors," said Courtney Quinn, breast cancer survivor and executive director of Albie Aware Breast Cancer Foundation. "Also, we are creating awareness as many individuals missed their breast cancer screenings throughout the pandemic and Albie Aware is here to provide this support in the greater Sacramento area."

According to Albie Aware, Sacramento County has a higher death rate due to breast cancer than state and national averages. Additionally, the county did not reach its Healthy People 2020 goals for mammograms in the past two years for women ages 50-74.

"A cancer diagnosis can be life-changing for so many, and Kaiser Permanente South Sacramento is committed to providing our patients with high-quality, compassionate care," said Claudia De Young, MD, an internal medicine physician at the Kaiser Permanente South Sacramento Medical Center, who also runs the breast clinic and breast cancer survivorship program. "We are proud to partner with Albie Aware as we our support our patients on their breast cancer journey, and provide them with this joyful, fun experience."

In recognition of Breast Cancer Awareness

Month, Fox and the crew surprised breast cancer survivors with tickets to the Kings Breast Health Awareness game against the Los Angeles Lakers on October 14. Fox arrived on the scene in Metro Fire's Cancer Engine, which was covered in pink and blue to raise awareness of breast and prostate cancer.

"We are honored and proud to work alongside the Sacramento Kings and Albie Aware to honor these breast cancer survivors," said Sacramento Metro Fire Captain Parker Wilbourn. "The Sacramento Metro Fire Cancer Engine is a 46,000-pound billboard traveling throughout Sacramento County raising awareness and reminding everyone to get their breast and prostate cancer screenings."

Breast cancer is a personal subject for Fox, whose mother Lorraine was diagnosed with the disease in 2000 when he was only 2 years old. Now today, Lorraine is celebrating over 20 years as a survivor and her son is making a significant impact in his community both on and off the court.

"It's great to be out here, just to see all of these smiling faces," Fox said Friday. "Not only the moms, but the kids, the husbands – everyone who is out here to support them. It's definitely a great day."

Inspired by his mom's perseverance, De'Aaron and his family established the Fox Whole Family Foundation to help women whose lives have been affected by breast cancer and to strengthen the leadership skills of underprivileged youth. Albie Aware and Fox's foundation have partnered to provide financial assistance to individuals dealing with breast cancer across the greater Sacramento region.

To learn more about both foundations, visit albieaware.org and dearonfox5.com/ fox-whole-family-foundation. ★

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Re-Elect Assemblyman Ken Cooley

ABOUT KEN

Assemblyman Ken Cooley and his wife of 47 years, Sydney, have made their home in eastern Sacramento County since 1977. Since they moved here as newlyweds, life in Sacramento County is what has shaped them and their dreams.

In 1980 Ken began to study law at night at UOP's McGeorge School of Law. They believed it would help their future. Upon graduation, Ken was admitted to the practice of law in 1984. While the hard work of studying law did indeed reshape Ken's career, it turned out his McGeorge connection would influence his approach to public service in a wholly unforeseeable way.

That influence came unexpectedly in the form of a very small envelope from the biggest court in America.



In 2003, US Supreme Court Justice Anthony Kennedy, (who had taught constitutional law at McGeorge) sent Ken a short note in anticipation of the day Ken would take his Rancho Cordova oath of office.

Justice Kennedy words were inspiring to the Cooley's in 2003, coming as they did just before he began his public service. Re-reading them today, they still are. They express a remarkable clarity about both the privilege, and the inherent obligation, of life in a democracy which is profound. That clarity has centered Ken's approach to public service for almost two decades:

"Congratulations to you and all of your colleagues for working to reinvigorate the principle of participatory democracy. Self-government must not be an abstract ideal, but must be a reality, and we must be unceasing in our efforts to make it more effective and more respected by our people."

In striving to follow Justice Kennedy's advice in the City of Rancho Cordova, Ken worked hard to turn the page on the city's past of too much crime and neglect by the County. During 10 years on the City Council, he was Mayor twice. Although California has almost 500 cities, Ken quickly became known and respected for his skills and collegiality in the League of California Cities, and in just 4 years was advanced to its number two officer statewide.

In the Assembly the last ten years, Ken's efforts to make government "more effective and respected by our people", has earned him the respect and support of California's Police Chiefs, Crime Victims United, and the California Small Business Association. They have supported him and his commonsense approach to lawmaking, which has included increasing law enforcement's ability to do their work to keep our communities safe, protecting Prop 13, and by steadfast opposition to spending billions more on High Speed Rail.



Congratulations to you and all of your colleagues for working to reinvigorate the principle of participatory democracy. Self-government must not be an abstract ideal, but must be a reality, and we must be unceasing in our efforts to make it more effective and more respected by our people.



Read more at
www.kencooley.com

Re-elect Assemblymember

KEN COOLEY

Independent, Thoughtful Leader

California's Chronic Housing Shortage Explained



By Dan Walters, CALMatters.org

"More homes are overcrowded in Los Angeles than in any other large U.S. county, a Times analysis of census data found — a situation that has endured for three decades, with no sign of abating.

"In places like the Pico-Union neighborhood, where Miranda lived, generations of families squeeze into tiny apartments. Construction workers, seamstresses and dishwashers live in close quarters. Day laborers bunk with half a dozen or more strangers in living spaces intended for one or two people.

"Within these confines, COVID-19 advanced without mercy: orphaning children, killing breadwinners and shattering families."

One of the article's most poignant passages describes how the city's "leaders bulldozed Mexican neighborhoods in Chavez Ravine, forcing out thousands with the promise of new, low-cost, public housing to meet the needs of a city exploding in population after World War II. Then real estate interests exploited the communist paranoia of the Red Scare to defeat the housing projects, and instead, the city gave the land to the Dodgers for a stadium to entice the team's move from Brooklyn."

By happenstance, the New York Times article by Ezra Klein picks up where the Los Angeles Times' article ends. Klein lays out in detail why current state and local government policies make it so infuriatingly difficult to build the low-income housing that would relieve deadly overcrowding and the homelessness it

spawned.

In 2016, Klein notes, Los Angeles voters approved a \$1.2 billion ballot measure to build 10,000 new apartments for the homeless and Mayor Eric Garcetti boasted, "The voters of Los Angeles have radically reshaped our future, giving us a mandate to end street homelessness over the next decade."

However, "Six years later, neither the mandate nor the money has proved to be nearly enough. In 2016, Los Angeles had about 28,000 homeless residents, of whom around 21,000 were unsheltered (that is, living on the street). The current count is closer to 42,000 homeless residents, with 28,000 unsheltered."

The 2016 ballot measure produced just 3,357 units "and the most recent audit found the average cost was \$596,846 for units under construction — more than the median sale price for a home in Denver. Some units under construction have cost more than \$700,000 to build."

Klein details the impediments to building cost-effective housing and concludes, "This is the paradox of housing development in Los Angeles and so many other cities. The politics of the affordable housing crisis are terrible. The politics of what you'd need to do to solve it are even worse."

Both articles should be mandatory reading in the Capitol

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★



By Marlys Johnsen Norris, Christian Author

How Do We "Demonstrate Love" To Others?

us receive His love, and to also demonstrate that love to the whole world around us, in one way or another. . God did not create robot personalities that are just alike. Our God is super creative in everything He has created and every human being is just a bit different from anyone else. And this is God's plan to be able to reach even those with hardened hearts and darkened minds against His creations.

It most always is after someone has accepted Jesus as their Savior and Lord of their life and learned a multitude of Holy Words of God. Then, they gain more and more knowledge about His personal love just for them and how He desires to "gift them in some special way to reach souls" so who-so-ever may also receive His precious gift of eternal life

in heaven with Him one day. Gifts of love will always minister to the needs of others!

Gifts of loving service for the King of Kings could be many: Minister, Evangelist, Musician, Director, Prophet, Teacher, Administrator, Hospitality, Giver, Helper, Secretary, Author/Writer, Helper/ Fixer up and Tool of all trades. At just the right time in a persons life whatever the gift of service and love is, will be revealed to them. Each gift is designed by God and specially given to one, to perfectly help, teach, encourage, heal and lifjup another's soul into the knowledge of love of God.

Marlys Johnsen Norris, Christian author of seven books; American River Messenger Columnist since 2006. Marlysjn@gmail.com. ★

At its best, journalism sheds light on important issues in hopes that a more informed public will press officialdom to confront and resolve them.

California's chronic shortage of housing is one such issue and two very recent articles, one in the Los Angeles Times and the other in the New York Times, delve into how the crisis developed and why dealing with it is extraordinarily difficult.

The Los Angeles Times details its city's history of encouraging sprawling single-family neighborhoods while packing the poor into confined neighborhoods, where deadly diseases such as COVID-19 run rampant.

It begins with the death of Leonardo Miranda, "who rented a shed and shared the kitchen, bathroom and dining room in the main house."

After COVID-19 attacked Miranda, "it spread to a man who slept on three red cushions in the laundry room. Then to a grandfather and grandson who wedged two mattresses into one room. By the time COVID-19 was finished with the three-bedroom home, shared by eight, Miranda and the grandfather were dead."

The article continued,

STUDENTS MAKING THE GRADE

We recognize the following local students who have achieved scholastic honors at their institutions of higher learning.

- ❖ KARSON BAGELMANN (Antelope) was named to the Winter 2022 President's List at Saginaw Valley State University (University Center, MI).
- ❖ HALEY FREITAS VIRTUE (Orangevale) was named to the Spring 2022 Dean's List at Eastern Oregon University (La Grande, OR)
- ❖ SAMMIE WILHOIT (Orangevale) was named to the Spring 2022 Dean's List and graduated with a Bachelor of Science in Professional Writing from Champlain College (Burlington, VT).
- ❖ TAYLOR WRIGHT (Fair Oaks), who is pursuing a degree in nursing, was named to the Spring 2022 Dean's List at Linfield University (McMinnville, OR)

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New Rolling Library Train



Congresswoman Matsui on the Library Train. Photo courtesy of the Sacramento Regional Transit District

Continued from page 1

“SacRT and the Sacramento Public Library are community pillars, and it is wonderful to see this partnership highlighting their vital work for our region,” said Congresswoman Doris Matsui (CA-06). “The transformation of a light rail vehicle into a rolling library will bring knowledge and information right to our community members. This unique partnership not only promotes literacy and mobility, but also showcases the abundance of additional resources the library has to offer.”

“SacRT is delighted to be able to provide an innovative and engaging way to advertise free services provided by an important community partner,” said General Manager/CEO Henry Li. “The virtual program reflects our ongoing efforts to expand the role we play in the greater community.”

“This partnership really highlights the nexus between

public transit and community value,” said SacRT Board Chair and City of Citrus Heights Councilmember Steve Miller. “Having a virtual rolling library not only provides free access to learning resources and professional development tools, but it also encourages more people to ride transit instead of driving.”

“Between SacRT’s RydeFreeRT program and the Sacramento Public Library’s Summer Youth Leadership Program and Teen Resources, it makes perfect sense for them to join forces with the launch of the Rolling Library,” said SacRT Board Director and Sacramento Councilmember Jay Schenirer. “We are removing a barrier for young people to further their education and connecting them with core resources for success.”

“SacRT plays a critical role in the community, not only getting people to work or school, but also helping them reach destinations

during their leisure or recreational time,” said Sacramento County Supervisor Patrick Kennedy. “The Sacramento Rolling Library Train will make it even easier for the community to experience the Sacramento Public Library’s incredible wealth of services and programming focused on early learning, technology and creation.”

“Together with SacRT, we’ve created the Sacramento Rolling Library Train. The idea of taking the library to the streets and removing that barrier to access is really what the Rolling Library Train is about. It encapsulates the ethos of libraries, and why this train is so important. We are meeting people where they are and bringing the library to them,” said Peter Coyl, Library Director and CEO of the Sacramento Public Library.

Riders simply take out their phone, scan the QR code, which takes them to different library resources that they can access for free.

The virtual library train will travel on both the Blue and Gold light rail lines. For customers that would prefer to visit the library in person, visit sacrt.com/rollinglibrary to find out which SacRT transit services connect to each library location.

A special thank you to Lamar Transit Advertising for its contribution by providing the printing and installation of the interior artwork. ★

Falafel Corner Opens



The newest Sacramento region Falafel Corner Mediterranean Grill held its Grand Opening at 7700 Sunrise Boulevard in Citrus Heights on Saturday, August 25th.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Experience Mediterranean food with an innovative twist at Falafel Corner Mediterranean Grill at 7700 Sunrise Boulevard in Citrus Heights. The restaurant celebrated its public grand opening on Saturday, August 25th.

“We’re in a great location and excited for the people of Citrus Heights to come and give us a try,” said co-owner Syed Lugman-Shah. He and co-owner Tajdar Ali and a staff of five offered opening day gyro and falafel wrap sandwich specials to first-time lunch customers.

Falafel Corner is located next to Round Table Pizza on Sunrise Boulevard, near Antelope Road. Nearby businesses in the surrounding shopping plaza include Leatherby’s Family Ice Cream and California Family Fitness.

The restaurant is the eighth franchise location for the chain in the greater Sacramento area.

“Our menu offers something for everyone,” he said. “We prepare everything fresh

daily,” said Lugman-Shah. The restaurant offers its own innovative renditions of classic American burgers as well as gyro and falafel wraps, two popular Greek standards. Signature specialties also include platters, wraps and burgers.

“We serve the highest quality Halal meats and falafels and make everything to order for each customer at a reasonable price,” he said.

Recent Yelp reviewers give Falafel Corner a rating of 4-out-of-5 stars, highlighting crispy falafel, vegetarian options, generous portions, and their reasonable pricing.

Appetizers include a quesadilla, dolma (vegetarian stuffed grape leaves) and a side of four falafel served on a bed of lettuce with tzatziki and tahini sauce. Individual side dishes include falafel, rice, pita bread and hummus.

Falafel Corner also offers a choice of falafel, chicken, gyro and combination platters that feature salad, rice, tzatziki, hummus, and pita bread priced from \$12.99. Wraps, served on hot, buttery soft Greek pita bread, are priced from \$8.99. Burgers and seasoned chicken sandwiches start from \$6.99.

Three different versions of Mediterranean-style French fries, including Greek, loaded and Philly-style are a generous meal in themselves.

Plunge your teeth into Falafel Corner’s Badmash (Gangster) Burger and enjoy the bounty of the flavors that this unique burger possesses: two patties, three sauces, two cheeses, beef bacon, grilled in butter Brioche buns, fried egg, sauteed onions and mushrooms (optional). With the added onions, tomato, lettuce, and pickles, you’ll savor an amazing burger experience.

Can’t miss desserts, priced from \$1 per piece, include fresh Baklava and an assortment of Turkish delights.

The restaurant offers multiple take-out options with DoorDash and GrubHub among popular local delivery choices. Catering services are also available.

Falafel Corner at 7700 Sunrise Boulevard in Citrus Heights is open Monday through Saturday from 11 am to 9 pm and closed on Sundays. Call (279) 529-2258 for more information. View a complete menu at <https://falafelcorner.us/full-menu/> ★

Former Perko’s Has a New Owner



The new CH Café & Grill restaurant under the new ownership of Victor Garcia will be offering breakfast all day and hopes to turn the eating venue into a 24-hour diner.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - The former Perko’s Café and Grill at 6215 Sunrise Boulevard near the corner of Greenback Lane in Citrus Heights has a new name, CH Café & Grill, and a familiar restaurant owner.

Exterior banner signage identifies the recent ownership change. Large round Perko’s logos gave been temporarily hand repainted with the new CH Café & Grill name while signage has been ordered, said owner Victor Garcia, who also owns Erica’s Café down the street on 7451 Greenback Lane in Citrus Heights.

According to Garcia, the parent company, Heritage Restaurant Brands based in San Luis Obispo, was intending to phase out the Perko’s restaurant brand in Citrus Heights, giving the previous owner the option to rebrand as a Huckleberry’s Breakfast Lunch with a major construction facelift or selling the franchise directly to Garcia, allowing him to be an independent owner.

“They informed us in September that we had a month to decide to rebrand as a Huckleberry’s or continue on a different path. So, I did.”

During the ownership change, customers will continue to order popular breakfast, lunch and

dinner choices off the former Perko’s restaurant menu while new menus are being printed. Breakfast will continue to be offered all day. A new milkshake machine and smoothie machine has been installed.

A re-opening celebration is tentatively scheduled Friday, November 4th for the public.

“We’ll be continuing many of the popular menu favorites, but offering some new choices,” he said.

Being an independent restaurant owner, and not required to purchase food through a restaurant management company, Garcia said he will be able to source his food locally, and keep his prices down, as he has with Erica’s Café, the other local restaurant he owns.

Garcia, who emigrated from Mexico, recalled working his way up from dishwasher to a Denny’s general management in 20 years, before going out on his own as a restaurant owner. It’s a profession he loves, he said, and enjoys meeting and serving his customers.

“CH Café & Grill is a bit larger than Erica’s Café, but it will have the same family-friendly feel. We look forward to earning the trust of our customers as we welcome new ones.” Garcia purchased Erica’s Café in

January 2019 before the pandemic and hopes to build on its success.

Customers will also be able to order through popular delivery options and a new website will debut soon, he said.

The new CH Café & Grill, which had been quite popular with local seniors under the former Perko’s restaurant brand for many years, will continue to offer “classic American style homestyle meals, scratch made breakfasts, burgers, and a slice of pie or a milkshake at an affordable price.”

Garcia said he worked with a graphic designer to create a citrus-themed logo to create a new brand identity which he feels identifies better with the local Citrus Heights community.

The restaurant now employs a staff of eight and looks to add more in the months ahead, Garcia said. “We’re looking to be open 24 hours.”

Interior renovations have already begun, with new kitchen equipment in place, new plank flooring and a fresh repaint inside. A large mural, running the length of the kitchen counter, dating back to when the restaurant was originally a Denny’s continues to give customers a familiar old-style diner experience.

Renovations to a banquet room which has a capacity of 50 are ongoing, with new doors added for privacy. Garcia said he’s hoping to market the room to local community groups for their use.

CH Café & Grill is located at 6215 Sunrise Boulevard in Citrus Heights near the corner of Sunrise Boulevard and Greenback Lane. Call 916-721-0670 for more information. Open 6 am to 10 pm Monday through Thursday, Friday and Saturday from 6 am to 11 pm, and Sunday from 6 am to 10 pm. ★

Micro Food Hall Planned



Property held by Merlone-Geier undergoing a renovation at Sunrise Village Shopping Center at 7855 Madison Avenue in Citrus Heights.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - A San Francisco-based micro food hall concept, Local Kitchens, is expanding its presence in the greater Sacramento area with a new site planned for Citrus Heights.

Updated leasing materials published by the property owner/manager Merlone-Geier for Sunrise Village in Citrus Heights now undergoing a major renovation, show the micro food hall will occupy a 2,030-square-foot space in a stand-alone building in the Sunrise Village Shopping Center at 7855 Madison Avenue in Suite C. Little Caesars Pizza is an adjacent tenant.

Local Kitchens was founded by Jon Goldsmith and Andrew Munday, both who were colleagues at DoorDash. Their concept helps restaurants expand beyond their brick-and-mortar locations. Each location houses a variety of individual concept restaurants under one roof, allowing customers to mix and match their orders into a single order for dine in, takeout or delivery. Convenient online and mobile ordering, paired with fast and friendly service is offered.

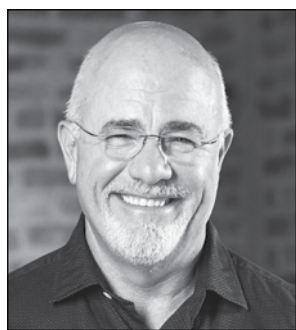
Sunrise Village at 5425 Sunrise Boulevard includes businesses such as Joann Fabric and Crafts, Rite Aid, a planned City Sports Club and a 38,000-square-foot grocery store.

Press representatives for Local Kitchens in San Francisco and Merlone-Geier, the property owner, were unavailable for comment.

According to the Local Kitchens, their concept is described as ideal to meet the needs of families, foodies, and large groups with a wide variety of cuisines from the best local restaurant brands to accommodate every palette and preference, all with seamless online ordering and fast, reliable service. Great dishes from multiple restaurant brands can then be available all under one roof, prepared fresh to order by Local Kitchens’ culinary team.

Local Kitchens, which operates six locations in the Bay Area, has opened at the Highland Reserve Marketplace in Roseville – its first location outside the Bay Area. A second Roseville location in the Renaissance Creek shopping center along Sierra College Boulevard opened earlier this spring. Additional locations are in the works for Folsom and Natomas, according to the company.

The Roseville location features food from five different specialty restaurants: Señor Sisig, Curry Up Now, The Melt, Nash & Proper and Garden of Eat’n. The last two – Nash & Proper and Garden of Eat’n – are popular Sacramento-area originals. Which restaurants will be featured in the new Citrus Heights location has yet to be announced. ★



Dave Ramsey Says

job. At the same time, I'm really proud of you two for saving and preparing yourselves financially for this kind of scenario. Eight hundred dollars a month isn't bad for a part-time job, but it's not nearly enough to run a household – even one that's debt-free – when there are kids in the picture.

You should already be living on a little as possible in order to make the money in your emergency fund last as long as it can. It's beans and rice time in your house. That means no restaurants, no vacations, and no movies. In other words, no spending on anything but bare necessities until your husband finds another good job, and you guys are back on your financial feet again. Right now, your priorities are keeping the lights on, the water running, and

making sure there's food in the pantry.

This is a textbook definition of an emergency, Jayme. Use your emergency fund. It's there for times just like these. But be wise, and spend as little as humanly possible. God bless you all.

– Dave

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions. ★

Social Security Matters

Why Don't I Get Annual Cost of Living Adjustments (COLA)?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I get a NET amount of \$210 from Social Security plus get an alimony check of \$1,400. Other people I know get a COLA increase every year, but I was told I am not eligible? But no reason was given. Why am I not eligible? **Signed: Struggling Senior**

Dear Struggling Senior: Everyone who collects Social Security receives the annual Cost of Living Adjustment (COLA), so whoever told you that you aren't eligible for a COLA increase was incorrect. However, keep in mind that COLA is applied to your gross Social Security payment, not your net payment. One thing which can happen, especially to those whose Social Security payment is small, is that an increase to the Medicare

Part B premium may consume your COLA increase. Here's an example of how that might occur:

You say your NET Social Security amount is \$210. Assuming you are enrolled in Medicare, your gross Social Security payment (before the Medicare Part B premium is deducted) is probably about \$380. The COLA increase for 2022 was 5.9%, which would increase your gross Social Security payment from about \$380 to about \$402, an increase of about \$22. However, the 2022 Medicare Part B premium also increased by nearly \$22 and, since your Medicare premium is deducted from your Social Security benefit, your NET Social Security payment wouldn't change. I suspect this is why you didn't see the Cost of Living Adjustment in your Social Security payment - an increase to your Medicare Part B premium most likely offset all of your COLA increase.

I know (and agree) this seems unfair, but inflation has also affected healthcare costs in general and Medicare premiums in particular, and a Medicare premium increase

unfortunately offsets at least some of, and sometimes all of, the annual COLA received by all Social Security beneficiaries. I suspect the above, or some variation of it, is why you are not seeing a COLA increase in your net Social Security payment. Rest assured, however, that you ARE receiving an annual COLA increase to your gross Social Security amount – every recipient of Social Security receives each COLA increase granted.

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-advisory) or email us at ssadvisor@amacfoundation.org. ★

Now or Later?

Dear Dave,

Dear Dave, My husband lost his job last week. The good news is we're completely debt-free, and we have a six-month emergency fund saved up. I work part-time, since we have young children, and I've been bringing home about \$800 a month. Should we cut our budget down to bare bones now, or do you think we could continue living as usual for the time being since we have so much money saved?

– Jayme

Dear Jayme,

I'm sorry to hear about your husband losing his

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A message sponsored by Regional San.

Veterans and Suicide

Commentary by Scott Knight

Veterans Day, November 11th, is an important day for every American and is intended to honor America's veterans for their patriotism, love for their country, and willingness to serve and sacrifice for the common good. This day of remembrance celebrates the service of all U.S. military veterans. Communities across the country plan events to honor those who have served and are currently serving. As we celebrate and recognize these brave men and women, we should also consider the struggles that they go through with mental illness.

Suicide is a national problem in the U.S. and a major concern for active-duty service members and military veterans. Members of the military may experience a variety of difficult and traumatic events including combat, natural disasters, and physical assault. According to the 2022 National Veteran Suicide Prevention Annual Report, there were 6,146 Veteran suicide deaths in 2020. That is 31.7 deaths per 100,000. During that year, suicide was the second leading cause of death among Veterans under age 45. The suicide rate for Veterans was 57.3% greater than for non-Veteran U.S. adults.

Veterans can come home from service carrying a weight they did not go in with. Without the right help, that weight can seem like too much, leading some Veterans to consider, or carry out, suicide. Some of the warning signs that Veterans exhibit include feelings of hopelessness, acting agitated, struggling with anxiety, insomnia, outburst of anger or rage, an

increase in substance use or abuse, and isolating themselves from the people close to them. Other factors related to the higher risk of suicide among Veterans are related to undiagnosed or untreated conditions, such as PTSD or mood disorders, which can increase a person's overall risk of suicide.

The VA offers a wide range of treatment programs for Veterans and their families. Also, "Vets for Warriors" is a peer support network with Veterans answering the phone for those in need. The number is 1-855-838-8255. Veterans may also use the Veterans Crisis Line Number where there is 24/7 crisis support. Dial 988, then press 1.

The Jason Foundation is another valuable resource for those struggling with suicidal ideation. Many times, a Veteran will exhibit clear warning signs prior to an attempt. By knowing the warning signs, and knowing how to help, you could save a life. Visit The Jason Foundation's website to learn more about suicide, the warning signs, and how you can help make a difference. You can find the website at www.jasonfoundation.com.

Scott Knight is an Education Specialist for The Jason Foundation, Inc., an organization dedicated to the prevention of the 'Silent Epidemic' of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth. ★

Defendant Sentenced for Series of Graffiti Tags

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - The Honorable John Winn sentenced Christian Vasquez to 1 year and 4 months in prison after Vasquez pled to two counts of felony vandalism.

Between September 2018 and September 2020, Vasquez committed a series of graffiti tags at multiple locations in Sacramento causing thousands of dollars in damage. Sacramento police officers specialized in graffiti abatement caught Vasquez in the act of tagging with a moniker and located a number of tags with the same moniker name. Further investigation uncovered additional tags

by Vasquez in and around Sacramento, including downtown.

Vasquez was ordered to pay for the cost of cleaning up his graffiti and to stay away from downtown Sacramento. He is also prohibited from possessing any materials or tools used in tagging and from associating with known taggers.

The Sacramento Police Department, Downtown Sacramento Partnership and City of Sacramento Code Enforcement investigated this case. This case demonstrates the ongoing investigative efforts to curtail the graffiti vandalism that defaces public and private property, which burdens the city, county and businesses with substantial clean-up costs. ★

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DWR Takes Actions to Support State's Future Water Supply Strategy

DWR News Release

SACRAMENTO, CA (MPG) - On September 29, the Department of Water Resources (DWR) announced new steps that, if approved, could save enough water to supply 4.7 million Californians annually while making conservation more affordable through financial assistance and tax exemptions. The actions improve long-term water conservation and reduce wasteful outdoor water use as California adapts to a hotter, drier future driven by climate change.

The new actions will build on California's ongoing long-term efforts to make water conservation a way of life while advancing water efficiency efforts outlined in California's Water Supply Strategy: Adapting to a Hotter, Drier Future. DWR will be implementing and supporting actions that include:

Outdoor Water Use Recommendations

To help prepare for a hotter and drier future, DWR has submitted outdoor water use efficiency recommendations to the State Water Resources Control Board. With outdoor water use accounting for 50 percent of urban resident water use on average, the recommendations outline standards that would provide urban retail water suppliers with a framework to support more efficient outdoor residential water use. The framework will also include standards for the irrigation of large commercial, industrial, and institutional (CII) landscapes in their service areas.

DWR's outdoor water use recommendations combined with indoor residential water use recommendations submitted in November 2021 would result in expected long-term water savings of 450,000 acre-feet per year starting in 2030 – enough water to

supply about 1.6 million homes or about 4.7 million residents for both indoor and outdoor annual needs. The recommendations would also result in near-term savings of 100,000 acre-feet a year starting in 2023. DWR's recommendations will be evaluated by the State Water Resources Control Board through a formal rulemaking process, which will include additional analysis, engagement, and opportunity for public comment.

Indoor Water Use Legislation Signed

California also recently took additional steps to increase indoor water use savings with Governor Newsom's signing of Senate Bill 1157 (Hertzberg), which adopts recommendations made by DWR and the State Water Board last year to reduce indoor water use targets to 47 gallons per day by 2025 and 42 gallons by 2030. By adjusting indoor water use standards to reflect the joint recommendation

of DWR and the State Water Board, the legislation will help increase water conservation and water use efficiency, ensuring a more water-resilient future for California.

Financial Assistance for Turf Transition and Conservation

DWR has developed a set of funding programs that will help build resiliency in all communities including underrepresented communities and Tribes. The funding programs include financial assistance for projects that strengthen resiliency in urban communities, turf transition for residential and commercial landscapes and water conservation programs for urban water suppliers. DWR's programs will help to clear some of the hurdles that underserved communities face with direct install programs and support for local water agencies, while also helping build resiliency with equity in mind. DWR plans to release these

grant programs in October. These new programs will build on the momentum created by the millions of dollars in grant funding that has been distributed by DWR in 2022.

Turf Tax Exemption

For those making smart water decisions to replace their lawns now and, in the future, Governor Newsom signed Assembly Bill 2142 (Gabriel), which will exempt from state income tax calculations any grant, rebate or additional financial assistance awarded from a state or local agency for turf transition. The law will provide the exemption through tax year 2027.

For more information on water use efficiency and the recommended standards, visit DWR's Urban Water Use Efficiency Standards webpage. For information about other DWR and State drought response efforts and funding programs, visit drought.ca.gov. ★

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City Year Sacramento Announces Macey Amissah-McKinney as New Executive Director



City Year Sacramento is pleased to announce that Macey Amissah-McKinney has been selected as the organization's new executive director. Courtesy photo

CYS News Release

SACRAMENTO, CA (MPG) - City Year Sacramento, an education nonprofit that recruits young adults for a year of service in public schools, is pleased to announce that Macey Amissah-McKinney has been selected as the organization's new executive director.

"Macey embodies the spirit of City Year's principles, her life of service to others demonstrates an indispensable commitment to Sacramento's youth and that of the greater community," said Beth Broome, Senior Advisor to the Provost for STEM Strategy at UC Davis and recent Board Chair of City Year Sacramento. "The Board is very confident in Macey's leadership and

looks forward to working with her as an Executive Director who will continue to advance the momentum and impact of City Year Sacramento for years to come."

Macey was first introduced to national service in college while serving as a tutor for high school youth in South Central Los Angeles as an AmeriCorps member with the Children, Youth, and Family Collaborative. After graduating from the University of Southern California, she relocated to Sacramento, CA to join City Year Sacramento as a founding corps member in 2012. After serving two years in the Corps, Macey transitioned to the staff team as an Impact Manager, coaching and developing a team of 19 AmeriCorps members to deliver targeted intervention support and whole school initiatives focused on student engagement. Since then, Macey has taken on several roles including Learning & Development Manager, AmeriCorps Compliance Manager, Impact Director, and most recently Managing Director of Impact before being announced as Executive Director.

"I am honored to have the opportunity to lead City Year Sacramento and

lead a talented team of professionals dedicated to advancing equitable outcomes for youth in the Sacramento region," said Amissah-McKinney. "City Year is poised to expand our work in Sacramento, and I look forward to partnering with our community and school district, so together we can support more students to acquire critical skills and engage more deeply with their learning."

This year, 30 City Year Sacramento AmeriCorps members will serve full-time in 6 of the city's schools, reaching more than 3,200 students each day. During their year of service, AmeriCorps members serve as student success coaches – tutors, mentors and role models – preparing students with the skills, relationships and learning environments they need to succeed in school and in life. Nationally, schools that partner with City Year are two-to-three times more likely to improve on math and English assessments than similar schools without City Year. Last year, 90% of students felt that their City Year AmeriCorps member taught them how to self-advocate and ask for help when they needed it – critical skills for life and workforce success. ★

Student Test Scores Plunge

Continued from page 1

investments in summer school and other recovery efforts for minimizing the blow to pupils. Yet the national test, in contradiction to the state test, indicated that the achievement gap among students of color widened in California.

"California focused on keeping kids safe during the pandemic," Newsom said in a statement, "while making record investments to mitigate learning loss and transforming our education system."

The test upon which the Nation's Report Card is based is older and was given to only about 4,000 California students, while the state's Smarter Balanced tests are administered every spring to virtually all Californians in grades three through eight and grade eleven. The states set those tests, prompting some criticism that they encourage "teaching to the test". The goal of those Smarter Balanced tests: to measure how well students have mastered the state's Common Core standards.

The initial reluctance of state officials to promptly share the Smarter Balanced test data raised questions about whether elected state schools superintendent Tony Thurmond and others were trying to minimize the impact of bad news landing before voters cast November ballots.

"Democrat policies get an F," Senate GOP leader Scott Wilk of Lancaster declared in a statement. "It is no wonder these scores were kept under lock and key. They are a clear referendum on the failed policies advocated by the governor, legislative leaders, and the state superintendent of public instruction for years – not just during the pandemic. After shuttering schools for the better part of two years, student failure is on steroids."

In spring of 2020, the first year of the pandemic, the state canceled its testing. In 2021, only one in four eligible students took the tests because not all students were back on campuses. In 2022, nearly all eligible students participated, making these results a key data point for understanding widespread pandemic-triggered learning loss in California.

There had been concern that the pandemic would completely undercut California's efforts to close a persistent achievement gap among certain groups of students. The results show that all students and economically disadvantaged students dropped the same 4 percentage points in English language arts, although that leaves economically disadvantaged students lagging their peers, with just 35% meeting standards. The rates for English learners and students with disabilities both dropped less than a single percentage point, from 12.8% to 12.5% and 16% to 15% respectively.

For math, rates for economically disadvantaged students actually dropped slightly

less than the average drop for all students, falling 6 percentage points but still resulting in an abysmal 21% meeting standards. English learners went from 13% to 10%. Students with disabilities went from 13% to 11%.

When separated by grade level, third-grade students saw the largest drops in both subjects. In 2019, 48.5% of third graders met English language arts standards. Compare that to 42.2% in 2022, a 6.4 percentage-point decline. For math, the rate for third graders meeting standards dropped by 6.7 percentage points.

Megan Bacigalupi is the executive director of CA Parent Power, a parent advocacy group that rallied parents to fight for school reopenings earlier in the pandemic. She said these scores aren't just the reckoning for prolonged school closures but a wake-up call for parents. California's test scores were always abysmal, and they couldn't afford to sink any lower, she said.

"We're not a state that's performing well, so for kids to backslide ... We were never in a good place," Bacigalupi said. "What I hope is eye-opening to parents is that, guess what, prior to all this, our kids weren't doing that well."

The Local Control Funding Formula gives additional money to school districts and charter schools for their English learners, foster children and students from low-income households. Districts with high percentages of students who fall into at least one of these student groups get an additional pot of money called a "concentration grant."

The state's funding model also gives districts more control over how they spend their money. Lance Christensen, who's running against incumbent state superintendent Tony Thurmond, said the state needs to play an even smaller role.

"The state has done enough to destroy our kids' education," he said. "I think the state needs fewer education programs and more getting out of the way."

But this surge of funding won't last forever. And the recent increases to state education funding might not be enough to make up for the disappearance of the federal money.

Bacigalupi, the parent advocate, said there's been little explanation to parents when it comes to how districts are spending this money. She said the lack of transparency has been an alarming trend throughout the pandemic, from the rationale behind prolonged school closures, to even the release of these test scores.

"It's a pattern that parents are very aware of when it comes to public education," Bacigalupi said. ★

Could Monoclonal Antibodies Replace Opioids for Chronic Pain?

By Lisa Howard, UCD

DAVIS, CA (MPG) - During the pandemic, physicians used infusions of monoclonal antibodies – antibodies made in a lab – to help patients fight off COVID-19 infections. Now, researchers at UC Davis are trying to create monoclonal antibodies that can help fight chronic pain. The goal is to develop a monthly non-addictive pain medication that can replace opioids.

Vladimir Yarov-Yarovoy and James Trimmer, professors in the Department of Physiology and Membrane Biology at the UC Davis School of Medicine, are leading the project. They have assembled an interdisciplinary team featuring many of the same researchers who are also trying to turn tarantula venom into a pain medication.

Earlier this year, Yarov-Yarovoy and Trimmer received a \$1.5 million grant from the National Institutes of Health's HEAL Initiative, an aggressive effort to speed scientific solutions to stem the national's opioid crisis.

People can become addicted to opioids due to chronic pain. The CDC National Center for Health Statistics showed an estimated 107,622 drug overdose deaths in the United States in 2021, an increase of nearly 15% from the 93,655 deaths estimated in 2020.

"Recent breakthroughs in structural and computational biology – using computers to understand and model biological systems – have set the stage for applying new approaches to create antibodies as superior therapeutic candidates to treat chronic pain," said Yarov-Yarovoy, the principal investigator for the award.

"Monoclonal antibodies are the fastest growing sector of the pharmaceutical industry and have many advantages over classical small molecule drugs," Trimmer said. Small molecule drugs are drugs that can easily enter cells. They are widely used in medicine.

Trimmer's lab has created thousands of different monoclonal antibodies for various purposes over many years, but this is the first attempt to generate antibodies aimed at pain relief.

Monoclonal antibodies are already being used for migraine

Although it may seem very futuristic, the Food and Drug Administration has already approved monoclonal antibodies to treat and prevent migraine. These new medications act on a migraine-associated protein called calcitonin gene-related peptide.

The project at UC Davis has a different target – specific ion channels in nerve cells known as voltage-gated sodium channels. The channels are like "pores" on the nerve cell.

"Nerve cells are responsible for transmitting pain signals in the body. Voltage-gated sodium ion channels in nerve cells are the key transmitters of pain," explained Yarov-Yarovoy. "We aim to create antibodies that will bind to these specific transmission sites at the molecular level, inhibiting their activity and stopping the transmission of pain signals."

The researchers are focused on three specific sodium ion channels associated with pain: NaV1.7, NaV1.8 and NaV1.9.

Their goal is to create antibodies that can fit into each of these channels like a key into a lock. This targeted approach is intended to stop the channels from sending pain signals but not interfere with other signals sent through the nerve cells.

The challenge is that the structures of the three channels they are attempting to block are incredibly complex.

Software programs help create virtual models

To address this, they are turning to software programs called Rosetta and AlphaFold. With Rosetta, the researchers are designing complex virtual models of proteins and analyzing which ones might best fit the NaV1.7, NaV1.8 and NaV1.9 nerve channels. With AlphaFold, the researchers independently validate proteins designed by Rosetta.

Once they identify several promising proteins, they will create antibodies that can then be tested on lab-created neural tissue. Human testing would be years away.

But the researchers are excited by the potential of this new approach. Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and acetaminophen must be taken several times per day to relieve pain. Opioid pain medications are often taken daily and run the risk of addiction.

Monoclonal antibodies, however, can circulate in the bloodstream for more than a month before they are eventually broken down by the body. The researchers anticipate that the patient would self-inject the monoclonal antibody pain medication once a month.

"For patients with chronic pain, that's exactly what you need," Yarov-Yarovoy said. "They experience pain, not for days, but weeks and months. The expectation is that the circulating antibodies will be able to provide sustained pain relief for weeks."

Additional team members include Bruno Correia at EPFL, Stephen Waxman at Yale University, William Schmidt at EicOsis, and Heike Wulff, Theanne Griffith, Karen Wagner, Jon T. Sack, David J. Copenhaver, Scott Fishman, Daniel J. Tancredi, Hai Nguyen, Phuong Tran Nguyen, Diego Lopez Mateos and Robert Stewart at UC Davis. ★

Partnership to Accelerate Decarbonization Set for Long-duration Energy

SMUD News Release

SACRAMENTO, CA (MPG)

- ESS Inc. ("ESS") (NYSE:GWH), a leading manufacturer of long-duration iron flow batteries for commercial and utility-scale energy storage applications, and the Sacramento Municipal Utility District (SMUD), the nation's sixth-largest, community-owned, not-for-profit electric service provider, announced an agreement to provide up to 200 megawatts (MW) / 2 gigawatt-hours (GWh) of ESS' environmentally safe and sustainable long duration energy storage solutions.

The agreement calls for ESS to deliver a mix of its Energy Warehouse™ and Energy Center™ long-duration energy storage (LDES) solutions for integration with the SMUD electric grid beginning in 2023. SMUD will deploy the LDES systems in support of its 2030 Zero Carbon Plan which aims to reduce thermal generation, maximize local solar generation, provide neighborhood resiliency, and increase social justice and equity. LDES is a key component in SMUD's decarbonization plan, without compromising reliability or low electricity rates.

"SMUD is striving for a clean energy future that increases grid resiliency,

supports under-resourced communities and maximizes local economic development," said Paul Lau, CEO and general manager of SMUD. "Long-duration battery technologies move SMUD's 2030 Zero Carbon Plan forward by expanding our dispatchable renewable energy resources and opening doors to innovation, job training and development opportunities in the green energy sectors."

As part of this multi-year agreement, ESS intends to set up facilities for battery system assembly, operations and maintenance support and project delivery in Sacramento, creating local, high paying jobs. In addition, SMUD and ESS plan to establish a Center of Excellence to expand the workforce and knowledge base for LDES technology in partnership with higher education institutions. The Center will provide advanced LDES technical training, creating a statewide skilled talent pool to help build and maintain California's fast-growing long-duration energy storage resources.

"SMUD is a pioneering and progressive public utility that puts its words into meaningful action – in particular its pursuit of a decarbonized grid that will build resiliency,

enhance job opportunities, and provide benefits for all customers," said Eric Dresselhuys, CEO of ESS. "Our agreement will be a critical component of SMUD's Zero Carbon Plan. We're pleased to partner with SMUD in realizing their 2030 Plan."

SMUD's ambitious goals are ahead of California's statewide zero-carbon target of 2045, which is the most advanced in the country. The addition of 200 MW / 2 GWh of storage, when coupled with renewable energy sources, is equivalent to removing 284,000 metric tons of CO2 emissions per year and will provide enough energy to power 60,000 homes for 10 hours.

ESS iron flow technology provides cost-effective long-duration energy storage and is ideal for applications that require from 4-12 hours of flexible energy capacity. ESS systems provide resilient, sustainable energy storage well-suited for multiple use cases including utility-scale renewable energy installations, remote solar + storage microgrids, grid load-shifting and peak shaving, and other ancillary grid services. ESS technology is safe, non-toxic and has a 25-year lifespan without capacity fade. ★

Casa Roble has Best Volleyball Season in Years



The Casa Roble varsity volleyball team poses for a photo following a three-set sweep of Rio Linda at Senior Night on Wednesday, October 20 in Orangevale. Photo by Tim Engle

By MaryAnne Povey

ORANGEVALE, CA (MPG) - The Casa Roble varsity volleyball team ended its season on a high note Wednesday, October 19 in the final game of the year.

The Rams (6-8, 5-7 Golden Empire League) won all three sets against Rio Linda and celebrated their eight graduating seniors in front of a cheering packed house. Casa led for most of the first two sets, winning by nearly 10 points each game.

The Rams were victorious in the first set 25-14 and 25-17 in the second. The final game of the match proved to be more challenging, as both teams battled back and forth to the very end until Casa pulled out the victory, 28-26, in extra points.

"We had 29 kills, 15 aces and 48 digs," said Casa coach Aimee Smith, "It was so much fun to have such a large crowd and I'm so thankful for all the students and families that came to make it special. We finished the highest [in the standings that] we have ever done in the Golden Empire League, and the highest [overall] since 2013."

The final game of the regular season also made Smith reflect on the last few years and how trying they have been.

"[The last game] felt like the culmination of three years of hard work since Covid," she said. "What began with us practicing outside on a too-small court for several months, ended with a night of spectacular play. I'm so proud of these girls, most of whom I taught in



Casa Roble senior outside hitter Josie Povey leaps to spike the ball during a three-set sweep of Rio Linda at Senior Night on Wednesday, October 20 in Orangevale. Photo by Tim Engle

middle school. I will truly miss the seniors!"

The eight members of the Class of 2023 celebrated on October 20 were: right side (RS) Hailey Davis, setter (S) Casey Rankin, S and co-captain Abigail Yarbrough, middle hitter (MH) Kaylee Gibbs, RS Sarah Hart, outside hitter and co-captain Josie Povey, libero Kayla Passaro and MH Makayla Kilwine.

Congratulations to the team on a strong season and best of luck to the graduating seniors! ★

Bella Vista Girls Volleyball Season Ends in 1st Round of D2 Playoffs



The Bella Vista girls varsity volleyball team won the 2022 Capital Valley Conference Championship with a 10-2 record in league play. Photo courtesy of Jackie Sufflé

By Shaun Holkko, sports editor

FAIR OAKS, CA (MPG) - The Bella Vista girls varsity volleyball team's 2022 season came to an end on Tuesday, October 25 with a loss to No. 9 seed Linden in the first round of the Division II CIF Sacramento-Joaquin Girls Volleyball Playoffs.

The Broncos (18-6, 10-2 Capital Valley Conference) were the No. 8 seed in the postseason tournament. Bella Vista entered the playoffs on a four-match winning streak and winners of seven of its last eight.

On Tuesday night, the Lions (24-3, 14-0 San Joaquin Athletic Association) prevailed in a grueling five set match. The Broncos controlled the first set, winning by a double-digit margin at 25-15. Linden responded in the second set and took it 25-19 to even the games at one a piece.

The score flipped in the third set, as Bella Vista won it 25-19. The Broncos had a chance to close out the match and advance in the fourth set. However, the Lions narrowly stayed alive, winning the fourth set 25-23.

Linden prevailed in the fifth set by the same margin, earning the match victory with a 15-13 fifth set. The Lions prevailed 3-2 to advance in the playoffs, where they faced No. 1 seed Whitney in the quarterfinals.

"Although the outcome was not in our favor, the game is something BV girls should be proud of," Bella Vista coach Jackie Sufflé told the American River Messenger. "They have the heart of champions, and that showed through with every set that was played."

Despite the first-round postseason exit, Bella Vista and its fans have a lot to be proud of from this season. The Broncos had a 10-2 record in league play which earned them the CVC title, their first since 2015 when the team made the postseason in back-to-back years.

According to Sufflé, there were four key players who stood out the most on this year's team. Senior outside hitter and co-captain Dani Brown was Bella Vista's top hitter with her power and accuracy, making her one of the best in the CVC. Senior Taryn Henry stepped up as the Broncos' only setter for three quarters of the year.

Sophomore opposite hitter Gillian

Rossi continued to progress with her hitting and passing, surprising everyone along the way. Fourth and finally, senior co-captain Piper Jones was the team's only libero all season, selflessly committing to defense and setting her teammates up for kill opportunities.

Bella Vista had several winning streaks this year. After beginning the season with back-to-back losses in non-league action, the Broncos won five in a row. Bella Vista's first streak came to an end when it was swept at home by Woodcreek in CVC play. The Broncos followed that loss with a six-match winning streak.

At the Carmichael Invitational Volleyball Tournament on September 24, Bella Vista swept their first three matches. However, the Broncos' second streak came to an end in the last match of the day with a two-set sweep loss against Rio Americano.

Following the loss to the Raiders, Bella Vista won three straight matches, but had another streak ended by Woodcreek. The Timberwolves once again swept the Broncos in three-sets, this time on their home court in Roseville.

However, Bella Vista got the last laugh as it finished as CVC champions with Woodcreek finishing in second place, one game behind the Broncos. Bella Vista's fourth and final win streak of the year was the one they had going into the playoffs, which was snapped at four.

The Broncos had six seniors on this year's league winning team. The Bella Vista players graduating this year are Jones, Brown, Henry, middle hitter Lauren Becker, opposite hitter Katie Mounts and setter Isabella Purugganan.

"My graduating class is talented, driven, energetic and disciplined. They are excellent role models on and off the court," Sufflé explained. "They are a group of seniors that I have valued since the minute they joined the team. I will miss them more than I can put into words. They will be extremely missed by myself and everyone else on the team."

"They have helped pave the way of expectations for the future varsity teams at BV. We are lucky to have had them."

Sufflé and assistant coach John Stockett will have 10 players returning next season for a quest to repeat as league champions, beginning in August. ★

Free Rides to Help Drive the Vote

SacRT News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) has teamed up with Sacramento County to drive community members to Vote Center and Ballot Drop Box locations across the Sacramento region to help Drive the Vote.

SacRT is offering free rides system-wide on all bus, light rail, SmaRT Ride, and SacRT GO paratransit services on Election Day, Tuesday, November 8, 2022.

"By removing the transportation barrier, we hope that Sacramento area voters take advantage of free rides to help cast their ballot," said SacRT General Manager/

CEO Henry Li. "It is free to vote and SacRT is making it free to drive you to vote."

"It is terrific to have SacRT as a partner in our effort to make voting easier and more accessible to all Sacramento County voters," said Sacramento County Interim Registrar of Voters, Hang Nguyen. "It is important that we see high voter participation and having great partnerships like SacRT makes that goal more attainable. We appreciate their support in our effort to increase voter turnout."

Visit elections.saccounty.net to learn more about vote center locations.

For trip planning options and to learn more, visit sacrt.com/drivethevote. ★



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Boardwalk Officially Re-opens!

By MaryAnne Povey

ORANGEVALE, CA (MPG) - The historic Boardwalk, which closed last January, launched its reopening with a ribbon cutting ceremony with new owners Derek Clark and Sara Green along members of the Orangevale Chamber of Commerce, community members and fans of the music venue.

The Boardwalk, which opened in 1987 under the stewardship of the late Mark Earl, was a huge force in the Sacramento music scene. Over 1900 concerts featuring national and local acts took place at The Boardwalk between 1987 and 2021.

"We are very excited and feel privileged to be able to continue the music legacy of The Boardwalk," said Green.

The venue will be open seven days a week. During the day, the venue will operate as Palm Tree at The Boardwalk, serving Polynesian/American food and drinks. On Thursday nights, the Boardwalk will



The Boardwalk in Orangevale, the concert scene for many up-and-coming band acts plus lots of local nightlife, is once again open to the public. Photo by Tim Engle

be home to "You Front The Band"—where customers get up on the legendary stage and sing their favorite songs accompanied by a live band. Friday and Saturday nights will be dedicated to live music acts. Up-and-coming bands as

well as established acts across diverse genres are being recruited to play at The Boardwalk.

The opening weekend had sold out performances with Red Jumpsuit Apparatus with special guests Self Continuum and

Yunger. Saturday night also had sold out performances of music featuring Niviane, Diversity of One and Skyline Red.

For more information about upcoming events and tickets, go to www.rocktheboardwalk.com. ★

Man Sentenced to 57 Months for Cocaine Trafficking

Sacramento FBI News Release

SACRAMENTO, CA (MPG) - Jason Tolbert, 45, of Sacramento, was sentenced yesterday by United States District Judge Troy L. Nunley to 57 months in prison for possession with intent to distribute cocaine, United States Attorney Phillip A. Talbert announced.

According to court documents, Tolbert was one of 15 federal defendants arrested in 2021 for trafficking narcotics as part of a DEA-led multi-agency operation targeting cocaine and heroin traffickers in North Sacramento. Tolbert was intercepted during wiretaps in 2018 trafficking powder cocaine. Upon his arrest, he was in possession of over a kilogram of cocaine and a loaded firearm. Tolbert is the first defendant to be sentenced. ★

This case was the product of an investigation by the Drug Enforcement Administration, Sacramento Police Department, Federal Bureau of Investigation, Bureau of Alcohol, Tobacco, Firearms and Explosives, United States Marshals Service, Homeland Security Investigations, and California Highway Patrol. Assistant United States Attorneys Cameron L. Desmond and Aaron Pennekamp prosecuted the case.

This effort is part of an Organized Crime Drug Enforcement Task Forces (OCDETF) operation. OCDETF identifies, disrupts, and dismantles the highest-level criminal organizations that threaten the United States using a prosecutor-led, intelligence-driven, multi-agency approach. Additional information about the OCDETF Program can be found at www.justice.gov/OCDETF. ★



Election Information

November 8, 2022 - General Election

Vote Early and Vote by Mail.



Oct 10 Ballots begin to arrive by mail. Ballot Drop Boxes are now open.



Oct 24 Close of registration. Register today!



Oct 29 11-Day Vote Centers open through Election Day.



Nov 5 All Vote Centers open through Election Day.



Nov 8 Election Day! Last day to turn in your ballot.

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Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage is necessary.

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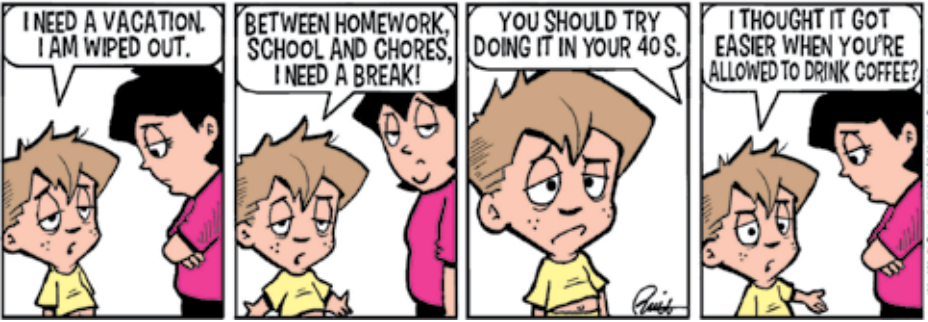


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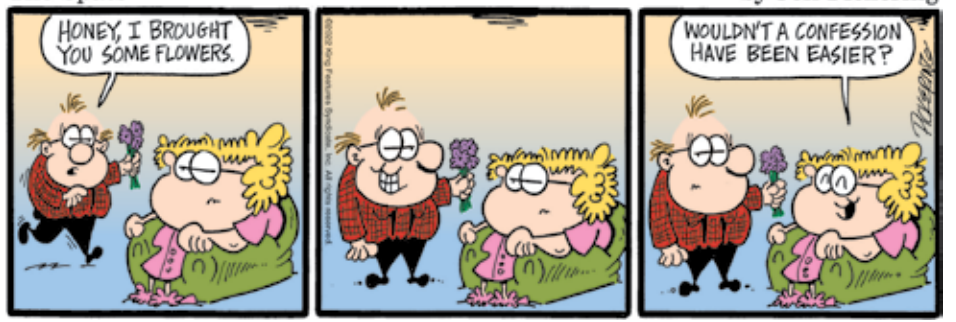
WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



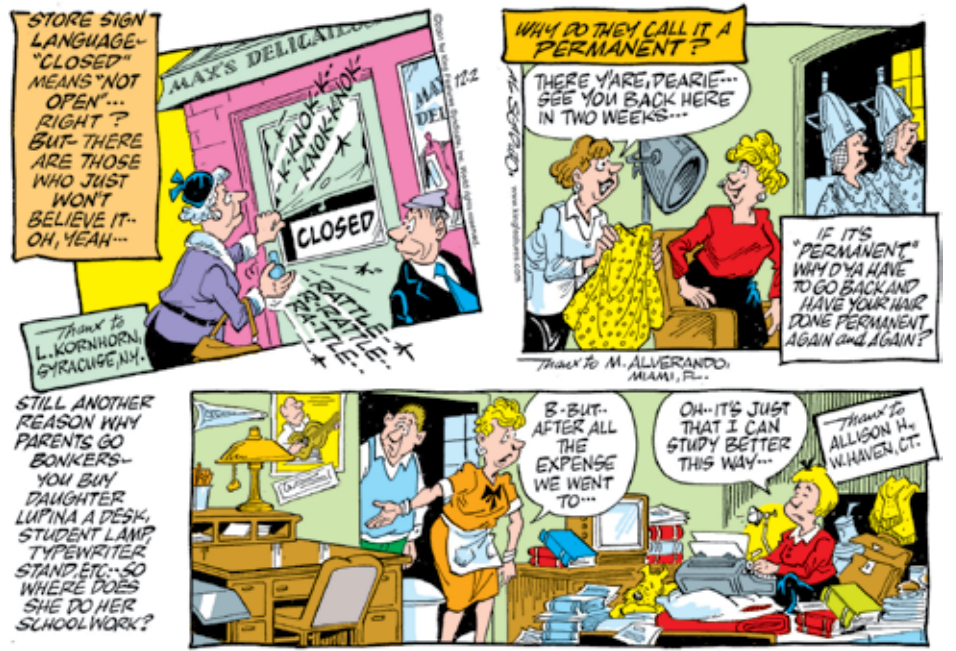
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Out on a Limb



by Gary Kopervas

THEY'LL DO IT EVERY TIME



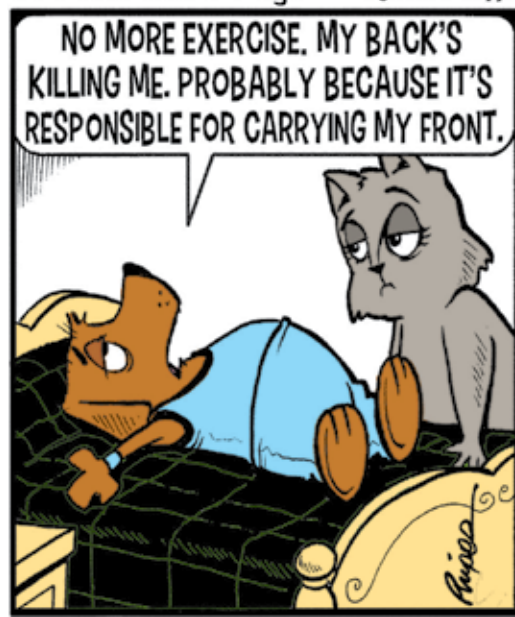
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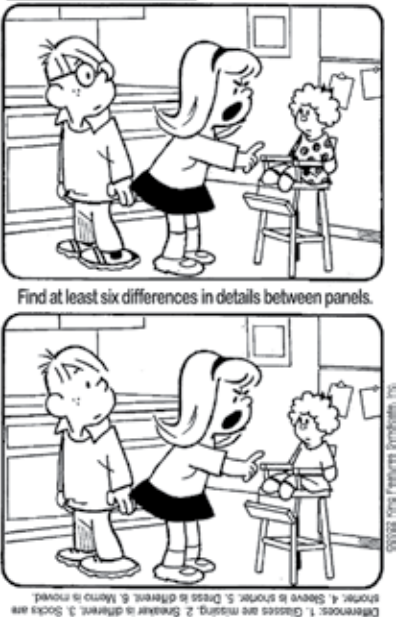
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Hornets Thrill Homecoming Crowd in Win

Sac State Athletics News Release

SACRAMENTO, CA (MPG) - For the second consecutive week, Sacramento State football left fans at Hornet Stadium on the edge of their seats before prevailing with a dramatic victory. On Saturday, Asher O'Hara spun over the goal line with 1:46 remaining and the defense got the stop it needed in the Hornets' 31-28 win over Idaho in front of 17,241 Homecoming fans.

The victory improved No. 2 Sacramento State to 8-0 overall and 5-0 in the Big Sky Conference. The No. 14 Vandals dropped to 5-3 overall and suffered their first conference loss (4-1).

After Idaho erased a 17-point deficit, Sacramento State got the ball back with just over six minutes to play, trailing 28-24. The Hornets turned to their ground game where quarterback Asher O'Hara and running backs Cameron Skattebo and Marcus Fulcher accounted for all 75 yards on the way to the game-winning touchdown. O'Hara had the first three runs during the drive to take the ball to the Vandal 45. Skattebo then had rushes of 5, 3 and 8 yards. O'Hara converted a 3rd-and-2 and after Fulcher rushed for 8 yards, O'Hara set up 1st-and-goal at the 8 with a 5-yard rush.

Skattebo received the carry on first down and was ankle tackled at the 2-yard line. The team turned back to the sophomore on second down, but he was met at the line of scrimmage. After Idaho used its final timeout, O'Hara kept it himself with a 360-degree spinning leap into the end zone for his 14th rushing touchdown of the game.

Idaho had 1:48 remaining with a chance to tie the contest with a field goal or win with a touchdown. The Vandals picked up 18 yards on first down with a pass from Gevani McCoy to Jermaine



Sacramento State senior quarterback Asher O'Hara dives into the end zone for the game-winning touchdown during a 31-28 win against No. 14 Idaho on Saturday, October 29 at Hornet Stadium in Sacramento. Photo courtesy of Sacramento State Athletics

Jackson. Sacramento State stuffed a run for a 1-yard loss on the ensuing play and the second and third down passes landed incomplete. Facing 4th-and-11, McCoy was strip sacked by Armon Bailey and the ball was recovered by Ayodele Adeoye to secure the win.

Sacramento State finished the game with 299 rushing yards against an Idaho defense which had allowed only 78 rushing yards per game against FCS teams this season. Skattebo tallied 137 on 17 carries (7.9 ypc) to earn his fourth-straight 100-yard game and O'Hara added 129 yards. The team's passing game had its lowest output of the year, finishing 8-of-19 for 92 yards and two touchdowns with two interceptions.

Sacramento State jumped out to a quick lead, taking the

opening drive and marching 80 yards for a touchdown. The points came on a 31-yard strike from Jake Dunniway to Chris Miller for his first receiving score of the year. Those points were the only ones in the first quarter and the Hornets added to their advantage with a 26-yard field goal from Kyle Sentkowski early in the second period.

Idaho got on the board with a 16-yard rush from Elisha Cummings to cut the deficit to 10-7 but Sacramento State answered with a 13-play, 75-yard drive with 1:36 left in the half to take a 17-7 lead into halftime after a 7-yard run from Fulcher.

The Hornets tacked on seven points midway through the third quarter when O'Hara scrambled and then threaded an 8-yard pass to Pierre Williams in the back of

the end zone.

Idaho quickly erased the 17-point deficit with three unanswered touchdown passes all of which were caught by Hayden Hatten. The first came with 2:54 left in the third quarter on an 11-yard pass from McCoy. The Sacramento State defense recorded a huge third-down sack on the last play of the third quarter, but the offense turned it over on its first play of the fourth quarter.

The Vandals methodically drove 67 yards on 12 plays with Hatten catching a 4-yard pass in the middle of the end zone. Sacramento State started its next drive with a pass over the middle of the field that was juggled by the receiver and intercepted by Idaho. The team then needed just four plays to travel 45 yards and take the lead with an

over-the-shoulder pass from McCoy to Hatten.

McCoy completed 18-of-33 passes for 207 yards and three scores with Hatten leading all players with seven receptions for 113 yards and three scores. The Vandals used a balanced run game which pounded out 144 yards led by Anthony Woods and Cummings who each had 62.

Bailey matched his career high with nine tackles, including a career best three sacks. He became the first Hornet to have three sacks in a game since George Obinna had three at Idaho in 2017.

Sacramento State will next play at Weber State on Saturday, Nov. 5, at 12 p.m. PT. The Wildcats defeated Montana on Saturday and are now 7-1 overall and 4-1 in league games. ★

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FROZEN & FISH DEPT

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EUROPEAN DELI

	\$7.99 /ea		\$5.39 /ea
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