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# AMERICAN RIVER Messenger

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NOVEMBER 5, 2021

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## Wall of Honor Sees 15th Hero



Patriots Park's Wall of Honor recalls heroes who died in service to community and nation during the history of Carmichael Park District. The reserve is located on the Carmichael and Fair Oaks border at 6827 Palm Avenue.

Story and photo by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Carmichael and Fair Oaks communities will this Saturday (November 6) recall fallen heroes of nation and community. The event will this year add a 15th name to Patriots Park Wall of Honor. Almost 48 years after his death, Corporal Bruce Verhoeven will be inducted for the act of courage that cost his life.

In December 1973, the 10-year Sheriff's Department veteran

responded to a robbery-in-progress in a Gemco store on Fulton Avenue and Alta Arden Way. Fleeing the store, an armed suspect hid in a nearby apartment building. Verhoeven cordoned off an area to prevent his escape but, fearing bystanders might be injured, he left cover and ordered the suspect to drop his gun. The suspect opened fire and killed the 32-year-old officer.

Corporal Verhoeven was awarded a posthumous Sheriff's Department Medal of Valor for this act of bravery. He is recalled with a street

named in his honor in the Sheriff's Academy grounds, Carmichael.

A plaque honoring him has joined memorials to other fallen heroes on the stone wall central to Patriots Park. Built in 2008, the monument is dedicated to military, police, CHP and fire-fighting veterans who died serving nation or neighborhood during Carmichael Park District's existence.

The community pays tribute to the heroes each November. Anyone may attend the ceremony at 10 AM, at 6827 Palm Avenue, Fair Oaks. ★

## New Child Safety Seat Program Grant

California Highway Patrol News Release

**SACRAMENTO, CA (MPG)** - The California Highway Patrol's (CHP) received the California Restraint Safety Education and Training (CARSEAT) V grant to support its ongoing effort to improve child passenger safety. The CHP will use the grant funds to conduct public awareness campaigns, training courses, and enhanced-enforcement patrols through September 30, 2022.

The CARSEAT V campaign will focus on reducing the number of children killed and injured in traffic crashes throughout California. To accomplish this goal, the CHP will offer educational seminars, new parent classes, and appointments at local Area offices for child safety seat inspections and assistance with installations. These efforts will highlight the importance of safety seats and seat belts and provide information on the proper installation of child passenger safety seats.

"We are raising public awareness of the dangers of traveling with children in a vehicle who are not securely buckled into the appropriate child passenger safety seat," CHP Commissioner Amanda Ray said. "As a parent or caregiver, it is your responsibility to protect these vulnerable passengers."

California law requires a child to be properly restrained in an appropriate child safety seat in the rear seat of a vehicle until they are at least 8 years old. Children aged 8 and older, who are at least

4 feet 9 inches, may ride in the rear seat of a vehicle in a properly fitted seat belt. Children under the age of 2 must ride in a rear-facing car seat until they reach 40 pounds or 40 inches in height. For the best protection, all children should ride rear facing, if possible, until they reach the upper weight and height limits of their car seat. For more information on child safety seats or current California law, visit <https://www.chp.ca.gov/Programs-Services/Programs/Child-Safety-Seats>.

In addition to educational efforts, the CHP will be conducting enforcement operations concentrating on seat belt and safety seat violations throughout the year with a special emphasis during the "Click It or Ticket" campaign May 23 through June 5, 2022, and during Child Passenger Safety Week September 18 through 24, 2022.

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

## Best of Fair Oaks Voting to Begin

Fair Oaks Chamber of Commerce

**FAIR OAKS, CA (MPG)** - The Fair Oaks Chamber of Commerce is getting ready to launch the 6th anniversary event of the Best of Fair Oaks. This event has recognized the Best of the Best in Fair Oaks in the past, and this year, the voting process will be online beginning on Nov 11th through Dec 23rd. Anyone can vote for their favorite places and events in our community.

It has been a tough year for small businesses in our community to get back on their feet, and especially after a pandemic year, small businesses are still feeling the effects a year later. This year we are looking to bring back the excitement and recognize our small businesses in our community. We need your help by voting; It's FREE and it's easy to do. This voting process is hosted by our Chamber member VOTERFLY. Starting Nov 11th visit [www.BestofFairOaks.com](http://www.BestofFairOaks.com) to pick your favorites, you will have until Dec 23rd to place your votes. Winners for 2021 will be announced at our Hosted Gala event in January of 2022. More details to come in the next few weeks.

The event is hosted by the Fair Oaks Chamber of Commerce in partnership with VOTERFLY and American River Messenger. The event is presented by "FOYO" our Fair Oaks Youth Outreach group of teens from ages 12-19. In the beginning of this year, they did a fantastic job making a Virtual live event for all to watch. You can see a video clip on the Chamber website. The proceeds from this event will help fund our scholarship program for our youth in our community.

### Rules to voting or being a part of the event:

Anyone can vote for their favorite places and or events in the Fair Oaks Community; Contenders MUST be a member of the Fair Oaks Chamber or a business in the 95628 zip code. \*FOCC members may have a business outside of Fair Oaks and they would qualify as long as they are in good standing in their membership; We encourage



Rim's Deli owner David Trowbridge was voted Best Sandwich Shop in last year's Best of Fair Oaks event. The deli is located on 5241 Hazel Ave. Fair Oaks, CA 95628. Photo provided by Fair Oaks Chamber of Commerce

all businesses small and large to join in on the Best of Fair Oaks, this is a great way to get your business advertised. We also have Sponsorships available. Businesses are asked to log in and update their profiles to be accepted for voting.

### A few winners from last year:

- Best Sports Retailer – Bob's Cycle Center
- Best Sandwich Shop – Rim's Deli
- Best Bakery – O'Cafe Bistro
- Best Specialty Shop – French in the Village
- Get Ready, Set, Vote

# Women's Empowerment Receives \$20,000 Grant



Graduates of Women's Empowerment's first Banking Academy, a paid training program to become bank tellers, celebrate their graduation in October. Photo provided by Thébaud Communication

By Kristin Thébaud, Thébaud Communications

**SACRAMENTO REGION, CA (MPG)** - Women's Empowerment recently received a \$20,000 grant from Arata Brothers Trust to educate and empower women experiencing homelessness with the skills and confidence necessary to secure a job, create a healthy lifestyle, and regain a home for themselves and their children during the pandemic and housing crisis.

"Our partnership with Arata Brothers Trust over the last several years has helped hundreds of women and children break the cycle of homelessness amidst wildly changing circumstances

here in Sacramento," said Lisa Culp, executive director, Women's Empowerment. "We are grateful for the steadfast funding we receive from Arata Brothers Trust as we face another tumultuous year ahead."

The grant from Arata Brothers Trust will help Women's Empowerment offer its nine-week program that targets the barriers women face while experiencing homelessness, as well as paid job training for women who have graduated from the program. Women's Empowerment's paid job training programs include its Get A Job Kit training program for graduates hardest to hire, as well as its paid training in property management, a career that

usually includes housing on the managed property. Women's Empowerment also offers paid training to become a security guard or bank teller, as well as training in green energy.

"For the trustees of the Arata Brothers Trust, 2020 and 2021 revealed the most nimble and effective nonprofits in the Sacramento region," said Matson Sewell, co-trustee, Arata Brothers Trust. "Women's Empowerment led the way in this landscape, continuing to deliver highly impactful programs to such an under-resourced population, adapting to public health requirements for both mothers and children, and moving forward despite the new challenges. These

challenges are not behind us yet, and Women's Empowerment has earned the support of anyone looking to make a huge difference in the lives of homeless women and children."

The mission of Arata Brothers Trust is to enhance the quality of life in the Sacramento area by supporting systemic change through innovative and effective educational programs. For more information, visit [ArataBrothersTrust.org](http://ArataBrothersTrust.org).

Celebrating its 20th anniversary this year, Women's Empowerment provides a full nine-week employment-readiness and empowerment program, paid job training, childcare and support services so all women

and their children can break the cycle of homelessness. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness, and their children. Eighty-two percent of graduates secure a job or enroll in school. Despite the housing crisis, 75 percent regain a safe home for themselves and their children. The award-winning organization has graduated 1,719 women and their 3,842 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit [WomensEmpowerment.org](http://WomensEmpowerment.org). ★

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# Kindergarten Project is Now Underway for Winter



SBSK delivers a double-fleece blanket and a Beanie Baby in a fleece pouch to EVERY kindergartener in the last week of school before winter break. Photo provided by SBSK

## SBSK Press Release

**SACRAMENTO REGION, CA (MPG)** - This wintertime, you can help local kids stay warm and join the efforts of Sacramento Blankets for Sacramento Kids in “Kindergarten Project” by making handmade blankets for children to be given out this December 13th.

Every December, we choose the lowest income Title 1 schools and find out in October how many kindergarteners they have. Then the last week of school before winter break, we deliver a double-fleece blanket and a Beanie Baby in a fleece pouch to EVERY kindergartener! Some of these kids sleep in their cars! For most, this is all they get for the holidays and our volunteers want to ensure kids have a beautiful experience for the holidays.

SBSK has been doing Kindergarten Project for 9 years now and has been expanding its reach to low income schools in the Sacramento Region every winter. The first year we were able to reach 6 schools. This year, we can reach 27 schools – over 1,800 blankets and Beanie Babies! We always hope to add more schools each year.

Now that the holiday season is here, retailers, such as Joann’s, offer huge discount on their Blankets for Sacramento Kids kits, which you can put together with no sewing or specialized skills. We have people of all ages contributing from girl scouts to seniors.

If you have a Beanie Baby or have a huge



Kindergarten kids can stay warm this winter with a blanket and a Beanie Baby. Photo provided by SBSK

collection of Beanie Babies and wish to do something meaningful for others, especially for kids, now is your opportunity. If anyone would like to donate Beanie Babies to this project or join us in making blankets for this special Kindergarten Project, they can email Claire Gliddon at [claire@sacblankets4kids.com](mailto:claire@sacblankets4kids.com).

The Kindergarten Project is wildly popular and the more low-income kindergarteners we can reach, the better chance of realizing school is a cool place!

Sacramento Blankets for Sacramento Kids (SBSK) is a nonprofit organization that makes handmade blankets all year round for children in need in Sacramento and Placer Counties, as well as for State emergencies (fires, floods) and National emergencies (9/11, Katrina). ★

# Compassion, Mercy and Giving, What a Gift to Give!

By MaryAnne Povey

## ORANGEVALE, CA (MPG)

- As the holidays are fast approaching, we often try our best to think of others in need and to give what we can. How wonderful and inspiring it is to hear about young people who dedicate their life in service to others not just now, but year round—especially when it’s one from our own community! One such person is Rachael Beilgard, a Bella Vista Class of 2015 graduate. Rachael, 24, daughter of Jim and Sarah Beilgard, grew up in Orangevale, and attended Folsom Lake College before transferring to Salve Regina University in Rhode Island to pursue a degree in social work. It was during those years she felt a calling to dedicate her life in service to others. She learned about the “Mercy Tradition” and about the Sisters of Mercy and knew this was what she wanted to do. From there she started her journey as a volunteer with the Mercy Volunteer Corps.

“What I found unique about the Sisters of Mercy was their vow of service and vows of poverty, chastity and obedience,” said Rachel, “The sisters take action by going out into the community to create change focusing on social justice issues surrounding their five Critical Concerns of Mercy; Women, Non-violence, Immigration, Racism, and the Earth.”

As a Mercy Volunteer, Rachel is working with an organization called Project HOME doing homeless outreach. This organization offers many services for individuals in Philadelphia who are experiencing homelessness. Rachel works in



Rachael, (at Right) and her Mercy Volunteer roommates! Printed with permission from Rachel Beilgard

the Outreach Coordination Center with their 24-hour homeless services hotline.

During her time at Project HOME, Rachel had a few opportunities to go out in the field where she was able to shadow different outreach workers.

“They truly are the ones that make a difference,” she shared, “Its real boots-on-the-ground work. Homeless outreach workers meet people where they are, building relationships, to help individuals get placed into shelters and get the resources they need.”

When asked what the best parts of being in the Mercy Volunteer Corps are, Rachel said, their core tenets of compassionate service, simple living, spiritual growth, and communal living are what she loves.

“I live with three other Mercy Volunteers,” Rachel shared, “They are such great support to me—especially after a stressful day at work. We make dinner together most nights and just have a lot of fun together.”

Volunteers not only work together but support each

other, and Rachel admits the simple living aspect is challenging. They all receive small stipends for food/household supplies, personal expenses, and transportation. Rachel and her roommates collaborate on best to spend their communal food stipend.

Although there are challenges in living “a life of simplicity”, Rachel believes she may have found a place to call home. Rachel is grateful for finding the Mercy Volunteer Corp and the work they do in making a difference in the world.

“It is the small acts that bring hope to the people I work with, being present, listening to their stories, and treating them as a fellow human being.”

May we all follow this model of kindness, compassion and caring in our community in every small act that we do and with every person that we encounter. Happy Holidays!

If you’d like to make a donation to the Mercy Volunteer Corps, go to [www.mercyvolunteers.org/rachel-beilgard/](http://www.mercyvolunteers.org/rachel-beilgard/) ★

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www.facebook.com/KiwanisClubofOFO

# Hoop to Feed the Hungry for Thanksgiving Break



Kids from 4th to 12th grade are invited to Clutch City Academy's Hoop to Feed the Hungry basketball camp this Thanksgiving break. Photo provided by Clutch City Academy



Hoop to Feed the Hungry is an annual sports event which encourages the Attitude of Gratitude. Photo provided by Clutch City Academy

### Clutch City Academy Press Release

ORANGEVALE, CA (MPG) - Clutch City Academy is excited to announce the 2nd annual Hoop to Feed the Hungry youth basketball camp taking place November 20th at Casa Roble High School from 9:00am to 12:00pm. Athletes grades 4th-12th from the Sacramento region are welcome to attend for free. Clutch City asks that each athlete bring one bag of non-perishable food to be donated to the Orangevale Food Bank. Space is limited to 50 athletes and we expect spots to fill up very quickly. Pre-registration is required at [www.clutchcityacademy.com](http://www.clutchcityacademy.com).

Last year's Hoop to Feed the Hungry had 50+ athletes attend and raised 600+lbs of groceries for local food banks! Clutch City Academy hosts this camp annually in the Orangevale community with the intention of teaching the next generation of athletes the virtue of gratitude and providing food and financial resources to local food banks to ensure needs are met in time for the Thanksgiving Holiday.

Hoop to Feed the Hungry is an incredible opportunity for local youth during their Thanksgiving break from school



Clutch City Academy hosts this camp at Casa Roble High School during the school break to train the next generation of athletes. Photo provided by Clutch City Academy

to get outside and exercise and learn about having an "Attitude of Gratitude" through every season of life and discovering things to be thankful for each and every day. ★



## The Kiwanis Corner

By Sal Arrigo, Jr.

### Kiwanis Annual Pajama Drive Updates

By Sal Arrigo, Jr.

The Kiwanis Club of Orangevale-Fair Oaks is preparing for its 3rd annual Pajama Drive to help kids in need in our service area.

I can now give you all the important details. In Fair Oaks, you can drop off new pajamas at El Gallo Mexican restaurant, located at 11773 Fair Oaks Blvd., and the Fashion Rewind Trading Company, located at 10127 Fair Oaks Blvd.

In Orangevale, new pajamas can be dropped off at Bad Fish Coffee, Scotty's Hideaway, The Last Tangle Hair Salon and Dairy Queen, all located on Greenback Lane. In addition, Paisley Café located on the corner of Madison Ave. and Main Ave. is ready to welcome you with your donations. Donated pajamas will be distributed by About Kidz of Fair Oaks, our partner in this event,

an organization also dedicated to assisting children in our area. Donations will be accepted through November 30, 2021.

And don't forget the Classic Car Show will take place Saturday, November 13, 2021, from 9:00 a.m. – noon at the Dairy Queen on Greenback Lane. The Kiwanis Club will be hosting a drive-thru Food Drive at the nearby Orangevale-Fair Oaks Food Bank on Main Ave., also from 9:00 a.m. – noon.

No one needs a reminder that people in our community need more help than ever, so please consider a pajama donation, donating boxes of cereal, or making a small cash donation. Any kind assistance is certainly appreciated, and it will make you feel good knowing you are helping children at the holiday season.

Why would anyone sit

home when they can join a dynamic club that has members ranging in age from 25 to 73, who actively contribute to the club's activities? I urge you to come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month that begin at 6:30 pm. (the location varies). Find us at [facebook.com/KiwanisclubofOFO](https://facebook.com/KiwanisclubofOFO) or email us for more information at [kiwanisclubofOFO@gmail.com](mailto:kiwanisclubofOFO@gmail.com).

Sal Arrigo, Jr., is a past president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. The Kiwanis Club of Orangevale-Fair Oaks is a nonprofit corporation under section 501 c (3) # 85-0549857. ★

## Redistricting Draft Maps Now Available for Comment

### Sacramento County Press Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is seeking community input on draft maps proposing new district lines in Sacramento County. The draft maps can be viewed on the County's Redistricting Webpage.

The Board of Supervisors will review, discuss and provide staff direction on possible revisions to the draft maps, taking into consideration the public's input in the process.

The County is encouraging all interested stakeholders to provide their input on these draft maps in any of the following ways:

Send written comments by email to [redistricting@saccounty.net](mailto:redistricting@saccounty.net); Draw boundary line maps using these tools; Attend a Board of Supervisors meeting or virtual workshop and provide public testimony.

### Upcoming Board Meetings/Workshops

November 2, 6:05 p.m., Board of Supervisors Meeting (First Round Draft Maps); November 6, 1 p.m., Public Virtual Workshop (First Round Draft Maps); November 16, 6:05 p.m. Board of Supervisors Meeting (Second Round Draft Maps); November 17, 2 p.m., Board

of Supervisors Meeting (Second Round Draft Maps); December 7, 2 p.m., Board of Supervisors Meeting (Final Adoption of Map)

Visit Sacramento County's redistricting webpage for information about redistricting, including the redistricting process, written public testimony, a timeline and more.

Every ten years, following the Census count, the resulting census data is used to geographically define electoral districts, at all levels of government, through a process called redistricting. Redistricting ensures that each of the electoral district boundaries have about the same number of people and comply with the federal Voting Rights Act of 1965.

Redistricting is important because it determines which neighborhoods and communities will be grouped together for the purposes of electing a Board member.

Sacramento County residents are encouraged to participate in the redistricting process. Residents can sign up for Redistricting news stories, information and upcoming meetings via email or text. People can also view past and upcoming meetings at the Redistricting Meetings webpage and are encouraged to check-in for additional upcoming workshops and hearings. ★

**CHRISTMAS MARKET!**  
**American River Community Church**  
 3300 Walnut Ave., Carmichael - Next to the DMV  
**Sat. November 13th**  
**9AM - 3PM**  
 Crafts \* Food \* Gifts  
*It's a time to greet your neighbors, enjoy many exquisite foods and select gifts.*  
[info@arconline.org](mailto:info@arconline.org) [www.arconline.org](http://www.arconline.org) 916-483-3465

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**Orangevale Community Update**

**The Predator Next Door**

**By County Supervisor Sue Frost**

Through the generosity of the *American River Messenger*, this column serves to provide an update about matters affecting the unincorporated community of Orangevale.

The rush to release prisoners from our jails and prisons was initially a response to court orders to reduce prison overcrowding, but lately it's become a radical effort to recast criminals as victims and abandoning actual victims and their families. Now we are facing the placement of sexually violent predators (SVPs) that some bureaucrats decided are fit to rejoin society.

Other than the primary risk of creating more victims to sexual violence, there are additional concerns that counties have no input in whether or not an SVP can be placed in their communities. Recently, the San Diego County Board of Supervisors took a definitive position on the state's policy for how SVPs are placed. Knowing that Sacramento County has faced its own battles to keep SVPs out, I intend to join San Diego's example and bring an item before the Sacramento County Board of Supervisors to demand more say in the dangerous practice of placing violent sexual predators in our neighborhoods.

Many Sacramento County communities have had to fight to keep an SVP out of their neighborhoods. In 2019, an SVP convicted of multiple sexual acts with minors was being considered for placement in Del Paso Heights. That same SVP was nearly relocated

to Wilton earlier this year. That SVP had no connection to Sacramento County, but the courts were considering placing him here anyway. When such risky placements are proposed, community members can, and thankfully did, voice their opposition to having an SVP dropped in their neighborhood, but no formal avenue exists for the County to influence such decisions. What San Diego County proposed, and what I will be proposing, is a change in the state law that dictates how SVPs are placed that gives the counties a formal role in the process.

Currently, an SVP is a person that has been convicted of one or more violent sex crimes, has a diagnosed mental disorder, and is likely to engage in violent, criminal behavior. At the discretion of the courts and California Department of State Hospitals, SVPs can qualify for conditional release (CONREP). CONREP allows SVPs to live in a community with supervising and treatment requirements dictated by the court. They have daily contact with a Liberty Healthcare regional coordinator and must wear a GPS bracelet at all times. After a year of CONREP, SVPs can then petition the court for unconditional release. While the protocols of CONREP seem thorough, and I am sure Liberty Healthcare and all involved agencies want to keep communities safe, how can any community or parent feel safe knowing that an SVP is down the street? How do the courts, especially courts in other counties, know which communities are best to locate their SVPs?

The current code says that counties will provide assistance and consultation for the placement of SVPs but it does not create a formal avenue for input on

their placement. There is also the perception that the courts tend to place SVPs in communities with high minority populations or in rural areas. In all things, the County leaders can make better decisions about their communities than someone from a completely different county. Especially when that decision is where to place an SVP with no ties to the area. For that reason, I am joining San Diego in asking our County Chief Executive Officer (CEO), to oppose the placement of any SVPs in Sacramento County until the welfare and institutions code (WIC) is amended to give local jurisdiction a formal role in release and placement of SVPs. That includes the authority to veto their placement in our county entirely.

It is unfair that any of our residents should have to fear the placement of known sexually violent, mentally ill criminals with no mechanism for their local officials to stop it. I will bring this before our board before the end of the year so that Sacramento County, and hopefully other counties to follow, can join the effort to formalize our authority in this process and we can protect our communities.

Rehabilitation and redemption are important values, but support for crime victims and protecting our communities should be our top priority.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@sacounty.net.

*Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks.* ★

**Celebrating 90 Years of Loving This Country**



Members of SRWF join in the fun at their 90th anniversary celebration. Photo by Paul Scholl

**MPG Staff**

**SACRAMENTO REGION, CA (MPG)** - Showing a long-standing love for our country, the Sacramento Republican Women Federated celebrated their 90 year anniversary in September with a luncheon program at North Ridge Country Club in Fair Oaks.

The program was led by Ana Mendez, President and included guest speaker from California FRW President Sue Blair, who gave a history of the organization and its loyalty to forever build a stronger nation. The second speaker was John McGinnis,

former Sacramento County Sheriff and local talk show host. He discussed many of the current political issues of the day.

SRWF honored many members of more than ten years, including Bev Acker (36 years), Dolores O'Brien (41 years), Sharon Sanders (49 years) Patricia Ingoglia (54 years), Avalon Hahn (65 years).

If you want to join a great group of women who truly love our state and nation, contact them to attend a luncheon.

To find out more about the organization and their next gathering visit <https://www.sacramentorwf.org>. ★



**My Veteran Tribute**

Veteran's Day is a special tribute to all veterans who have placed their lives on the line to keep our democracy viable. They selfishly do the job they are asked to do and do it with respect and great dignity. But let's be honest, unless you were in the military or are part of a military family, you cannot fathom what it's like to live day by day with the thought that he or she may not return. I know that happens with many other careers from police officers to firefighters and others too. But we ask these men and women to go around the world and try to understand how to get the job done in some really incredible circumstances.

I had a little of that experience too. Rick (my husband) and I were married about four months when he was deployed to Vietnam. It was a long time ago, but it still hits home every Veteran's Day. I can still feel the emotions he and felt as we said goodbye at the airport, not knowing if we would ever see each other again, hoping and praying that we would. It was not a popular war as if any war is, but this one was very difficult for those who returned and the names they were called. After several months, we met for R&R in Hawaii. The joy was there, but dread too, because he had to return to Vietnam after just a few days. But we were grateful.

Thank God my First Lieutenant returned to me with no injuries on the outside, but what about the inside? We never really talked about all that went on for quite a few years. I felt he would share when he was ready. Perhaps it was better that he was a little older...about 24...and he took on the job of looking after some of the



A special tribute to all veterans who have placed their lives on the line to keep our democracy viable. Image by Charles Thompson from Pixabay

younger guys to keep them out of trouble. I remember the letters he sent, which I still cherish and the cassette tapes we sent back and forth just talking about stuff. I can still remember hearing the pouring monsoons in the background and how he tried to keep busy painting his room.

After Hawaii, it was some months before he came home. It was over the New Year holiday, and I can still feel the terror when I did not know where he was as Saigon was falling. I heard nothing for days and then the call came from him that he was in Seattle. I was at Indiana University working on my Phd, but no gift or degree could have given me such joy as when I heard his voice.

I can't even imagine what it would be like to have a chaplain and officer come to my door, or know that his wounds were so bad, he would never be whole again. But it's been 50 years and we are still together. Please think of those brave souls who do this job for us and bring them home safe! Thank you for your service! God Bless Them ALL!!! ★





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**Crossword Puzzle Solutions on Page 7**

**CLUES**

**ACROSS**

- Good earth
- Pea soup bone
- Transport, with a U
- Top notch
- Copenhagen native
- Boggy
- Who would
- Play parts
- "Sesame Street" roommate
- \*World's best-selling candy bar
- Law school entry requirement, acr.
- Use a garrote
- Homer Simpson's exclamation
- \*"Gimme a break" bar
- Scrimmage line group
- Dollar
- Saltwater game fish
- Hindu workout
- 4 years for a U.S. President, pl.
- \*Hyde & \_\_\_ Boutique candy
- Seize a throne
- Popular aquarium performer
- Germany's National Socialism, for short
- Ryder Cup peg
- Excellent
- Jet setters' vessels
- Scientist's office
- Game ragout
- One from Glasgow
- \*Twizzlers competitor
- There's none like home?
- Vocal piece for one
- Small ladies' handbag
- Black cat crossing the street, e.g.
- One with biggest share?
- Actor Wahlberg
- Secondary school
- Follow ems
- Sheltered, nautically

**DOWN**

- Order's partner?
- Sounds of amazement
- Any day now
- a.k.a. hop clover or nonesuch
- Certain consonant marker
- Cavern or cave
- Army \_\_\_ hall, or dining room
- \*Who's Kisses?
- Pavlova or Kournikova
- Newton, e.g.
- Caustic chemical
- One of Fanning sisters
- Cell dweller
- Online conversations
- Cacophony
- Japanese string instrument, pl.
- Apathetic
- 9 a.m. prayer
- Mischievous Norse deity
- \*Pop Rocks sizzle and pop in it
- Kind of heron
- Back of the neck, pl.
- Back of military formation
- \*Short for Pfefferminz
- \*Chocolat-covered whipped marshmallow (2 words)
- Savory taste sensation
- Apprehend
- Spirit of the woods
- Not now
- Auteur's art
- European finch
- Goodbye, in Puerto Vallarta
- Hurtful remark
- Zoo room
- Respiratory rattling
- Et alibi, abbr.
- "You betcha!"
- OB-GYN test
- \*Mike and \_\_\_ fruity, chewy candy

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4 6  
2 5 3 4 8  
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9 4 1 3  
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7 5 4 3 8  
2 7

Solutions on Page 7

## Find Puzzles on Page 7

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**Sudoku Puzzle on Page 7**

4	7	9	5	6	1	8	2	3
2	1	5	3	4	8	6	7	9
6	8	3	2	9	7	5	4	1
7	6	1	9	8	5	4	3	2
5	3	8	4	7	2	9	1	6
9	2	4	6	1	3	7	8	5
8	5	7	1	3	6	2	9	4
1	9	2	7	5	4	3	6	8
3	4	6	8	2	9	1	5	7

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# Keep Your Pets Safe During a Disaster

By Allison Harris, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - As pet parents, we all understand the importance of providing our pets with the proper nutrition, exercise and care in order to ensure their health and happiness. Often overlooked, however, is the significance of planning for your pet's safety and care in the event of an emergency.

Here in Sacramento, we know the threats and dangers associated with flooding, wildfires and earthquakes; and although many families are prepared for these events and may have detailed and practiced plans in place if a disaster were to strike, these plans frequently do not include specific instructions for making sure the family pet is looked after.

Pet parents should follow seven quick steps to ensure their pet's safety during an emergency:

(1) Ensure your pet can be identified by both a microchip and collar ID tag and that contact information is up-to-date; (2)



Being prepared is the best step families can take to ensure people, and their pets, are ready to face an emergency together. Image by Gerhard G. from Pixabay

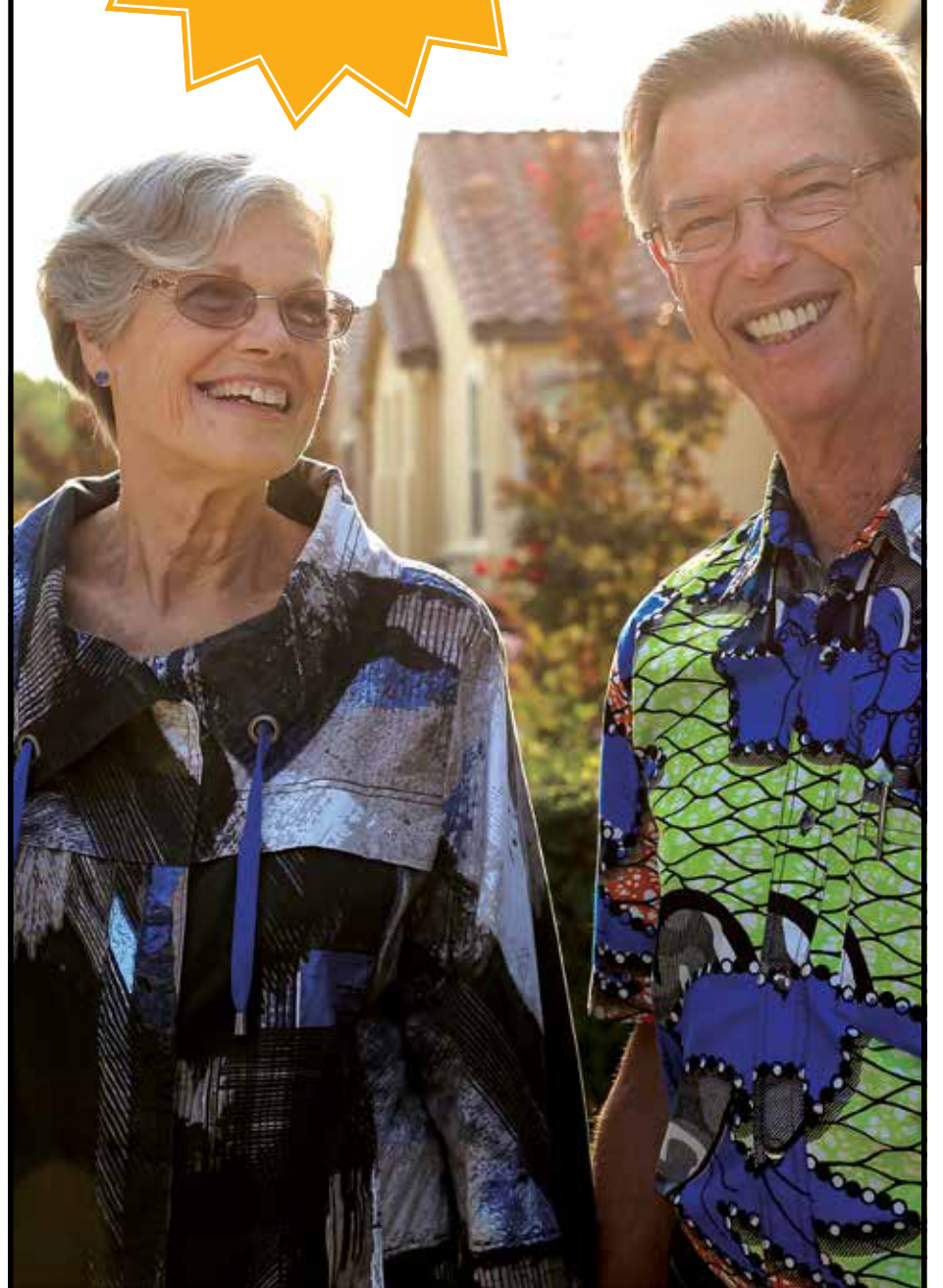
Prepare a "Pet Emergency Go-Kit" of pet supplies that is readily accessible in an emergency; (3) Display a pet rescue decal on your front door or window to let first responders know there is a pet in the house. Include your veterinarian's contact information; (4) Learn where your pet likes to hide in your house when frightened. Finding your pet quickly will help you evacuate faster (5) Identify a location to take your pet if you need to leave your immediate area. Keep in mind that disaster shelters for people may not be open to pets. Scout hotels and

motels with pet-friendly policies in advance and ask relatives or friends if they could house you and your pet; (6) Carry a picture of your pet in the event of separation; (7) If you need to evacuate, consider taking a pet carrier or crate for transport and safe-keeping.

Being prepared is the best step families can take to ensure people, and their pets, are ready to face an emergency together. Families looking to learn more about disaster preparedness and safety for their families (including pets) can visit the Ready Campaign website. ★



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# Sylvan Cemetery Service to Honor Veterans of Armed Forces



Sylvan Cemetery is planning a normal Veterans Day ceremony, including a march. Photo provided by Sylvan Cemetery District

### Sylvan Cemetery District

#### CITRUS HEIGHTS, CA (MPG)

- Veterans Day will be celebrated on Thursday, 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 245 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. Air Force, 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 being planned to be held on Thursday, November 11, 2021, 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. We are planning on doing the march through the cemetery and then doing about 1 hour in the gazebo. The Harmony Express will be in attendance as well as the CHPD honor guard.

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. ★

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