



ABC10 Launches 4th Annual Stand Against Hunger

PAGE 3

Matsui, Gallagher Lead Effort on Food Allergens

PAGE 7



East Sacramento News

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NOVEMBER 10, 2023

SEE INSIDE

350 MILES OF UNDERGROUND PG&E POWERLINES



PAGE 7

\$38 MILLION CATALYTIC THEFT CONSPIRACY



PAGE 3

SHIFTING HOW CALIFORNIA FUNDS MENTAL HEALTH



PAGE 5

Turkey Trots and Other Fun

Coming This Thanksgiving Week



Participants in the 2022 Run to Feed the Hungry show off their excitement to be running Thanksgiving morning. Many runners have participated for multiple, if not all, of the event's 30 years. Courtesy of Run to Feed the Hungry

By **Chrissy Rose**

SACRAMENTO REGION, CA (MPG) - The holiday season is upon us, and that means fun events in the Sacramento region

are abundant. If you're looking for activities Thanksgiving week, you'll have plenty of options (in addition, of course, to all of the eating and shopping).

Thanksgiving morning the annual Run to Feed the Hungry will be celebrating its 30th anniversary and once again kicking off the largest Thanksgiving Day fun run in the country.

The run starts at 8:15 on J Street right outside the Sacramento State campus, with start times varying for times or untimed running, and those choosing

Continued on Page 2

Holiday Lights, Fairytale Delights at Cal Expo

By **D. Givens Media Consulting News Release**

SACRAMENTO, CA (MPG) - Come and create lasting memories and celebrate the magic of the holidays with Imaginarium "Holiday Lights, Fairytale Delights" at Cal Expo, Friday, November 17, 2023, to Sunday, January 7, 2024.

Cal Expo will come alive with the largest holiday light festival in town, with over 5 million lights! Guests can get lost in over 10 fully immersive experience zones that bring beloved fairytales to life. Explore the worlds of Hansel and Gretel, Rapunzel, Goldilocks and the Three Bears, Jack and the Beanstalk, and Thumbelina, and meet the beautiful princesses of your childhood. Guests can also wander through the enchanting landscape that plays home to over 25 larger-than-life interactive creatures.

New this year is a mesmerizing show featuring synchronized music and lights; three, 30-minute circus shows featuring performers from around the world showcasing unique talents including juggling, contortionism, hula hooping, and more; the Infinity Mirrors featuring unique selfie rooms to capture the magic of the holidays.

Enjoy holiday festivities for all ages, including carnival rides, ice skating, visits with Santa, and shopping for Christmas gifts, along with sweet treats like mini donuts, hot cocoa, and hand-made pretzels.

Early-bird discount tickets are on sale now at Imaginarium360.com/sacramento. Regular price general admission tickets range from \$21-27. Visitors are also encouraged to follow Imaginarium360 on social media for special deals. Imaginarium will be open Wednesday - Thursday: 5 p.m. until 10 p.m. and Friday - Sunday: 5 p.m. until 11 p.m.

Cal Expo is being transformed daily until the big reveal. ★

CHP Celebrates Graduation

112 New Officers Sworn In



This year's graduating class of 112 officers includes 11 women who are entering the force. Photo courtesy of CHP

CHP News Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) welcomed more than 100

of California's newest members of law enforcement during a graduation ceremony at the CHP Academy in West Sacramento. The

November 3, 2023 ceremony is the culmination of more than six months of rigorous training, hard work, and commitment. "These cadets are

California's finest," said Governor Gavin Newsom. "They are truly the best among us — answering a call of duty

Continued on Page 3

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Turkey Trots and Other Fun This Thanksgiving Week

Continued from Page 1

the 10k or 5k option. Participants – whether walking or running, going as an individual or as part of a team – can enjoy the camaraderie and beautiful fall foliage as they follow the loop route through East Sacramento.

The top three finishers for Run to Feed the Hungry competitive runners in each age group will receive prize money ranging from \$50-\$300. The run benefits the Sacramento Food Bank & Family Services, which has seen an 87% increase in demand for services since the 2020 pandemic. Virtual and in-person race options are available, and adult registration begins at \$35. Strollers are allowed in the untimed races, but dogs in strollers are not; all pets are asked to stay at home.

If you're wanting more fun, there is the Elk Grove Gobble Wobble. This fun event features a 5K race, a Fun Run (1/4 mile) for kids, food, music, raffles, vendor booths, and a fun zone. Virtual and in-person race options are available for the 5K. Registration is \$10 for the kids fun run, \$20 for the virtual 5k, and \$30-\$50 for the in-person 5K (depending on registration date).

Registration for the in-person 5k includes a medal and shirt. Race-day registration is available if the event has not sold out. Check-in begins at 8:00 and the fun run begins at 9:00, with the 5k starting at 9:15. Strollers and well-behaved dogs are welcome. The Gobble Wobble event benefits Chicks in Crisis



Participants in the Gobble Wobble Fun Run line up at the start line at the 2021 race. Courtesy of Gobble Wobble

located in Elk Grove, which supports parents and children by providing resources and support to help families become self-sufficient, helping all families “cross the finish line.”

Folsom will also be holding its Turkey Trot on Thanksgiving Day. The race has 5K and 10K options, and participants can choose to walk or run at Rodeo Park/Lions Park at 200 Stafford Street. The 10k participants will line up at 8:50, and the 5K participants will be shortly behind at 9:00. Registration cost is \$35-\$40 and includes a race day shirt, bib, and timing chips. Dogs, along with children in strollers, can participate in the 5k assuming both are well-contained. The Folsom Turkey Trot usually sees around 4,000 participants each year. The proceeds from this year's event will benefit the Twin Lakes Food Bank, Folsom Athletic Association, and Johnny Cash Trail (which is also the trail that the run will traverse).

For those looking for something other than the

typical turkey run, on November 18, the North Highlands Recreation and Park District will be hosting Turkey Day Flag Football. This inaugural event will start at 10:00 a.m. at Brock Park Sports Complex in North Highlands and last until noon. Participants must be at least 18 years old, and the cost is \$19.00 to register. Refreshments and t-shirt are included.

Lastly, if you didn't sign up for a Thanksgiving Day run but subsequently feel guilty about your over-indulgence, there is the Sacramento Turkey Trot Run on Saturday November 25 with 5K, 10K, and half-marathon options. Registration is \$35-\$42, depending on race selected, and includes a swag bag that's mailed directly to you. There are three waves starting at 8:00, 8:30, and 9:00, filled on a first-come first-filled basis. All ages and paces are welcome, but this is a very limited capacity event. The run will start at Sutters Landing Park in Sacramento. ★

ABC10 Launches 4th Annual Stand Against Hunger

ABC10 News Release

SACRAMENTO, CA (MPG) - The Golden State produces nearly half of the nation's fruits and vegetables yet roughly one in five Californians – about 8.8 million – currently struggle with food insecurity. To help address this critical issue, ABC10 is proud to announce the 4th Annual Stand Against Hunger holiday fundraising campaign that is launching November 6 and continuing through December 17, 2023. Stand Against Hunger is a signature community initiative led by ABC10, a TEGNA-owned media station, and is supported by Wells Fargo, Raley's Food for Families, Bayside Community Church, and Northwest Exteriors. To help kick off this important community effort, the TEGNA Foundation has generously donated \$25,000 to support the cause.

Local food banks serve a combined total of more than 500,000 people per month in the Greater Sacramento, Foothill and Valley region. In 2022, and with the help of generous businesses, organizations, and community members, nearly \$350,000 was raised through this high-profile initiative that resulted in more than 1.7 million meals last holiday season. All donated funds generated as part of the six-week Stand Against Hunger effort will be divided equally among the participating local food bank partners each year.



Holding oranges are ABC10 staff members Gerardo Cabral on the right, and Michelle Gaskill on the left. Photo courtesy of ABC10

Every dollar makes a difference. In fact, a donation of just \$5 will buy 10 meals for those in need. The seven local food banks participating in the 2023 Stand Against Hunger include the following:

- Emergency Food Bank of Stockton
- Food Bank of Contra Costa and Solano
- Placer Food Bank
- Sacramento Food Bank and Family Services
- Second Harvest of the Greater Valley
- Yolo County Food Bank
- Yuba-Sutter Food Bank

“Food insecurity affects hundreds of thousands in our community each year, and the number of individuals seeking food services locally has nearly doubled since the pandemic,” says Risa Omega, President & General Manager of ABC10. “I am honored that ABC10 and our parent company TEGNA are teaming up with other

community-minded businesses and organizations to take a Stand Against Hunger. In addition to our on-air support, program leadership and financial contributions, ABC10 staff members will get actively involved by volunteering their time to help at local food banks this holiday season.”

Telemundo (T33), 103.9 The Fish in Sacramento, and KAT Country 103.3 in Stockton are providing on-air support for the cause.

Viewers and community members are encouraged to donate online to the food bank of their choice at www.abc10.com/standagainsthunger. To learn more about ABC10 and its mission, or to watch award-winning special reports and other exemplary news stories, please visit www.abc10.com or www.youtube.com/ABC10. In addition, ABC10 can be live streamed via the ABC10+ app on Roku and Amazon Fire. ★

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CHP Celebrates Graduation of 112 New Officers Sworn In

Continued from Page 1
to serve our communities with trust and care. On behalf of all Californians, I am proud to welcome them to the California Highway Patrol.”

The graduating class of 112 officers, including 11 women, report for duty on Nov. 13, 2023, to one of the CHP’s 103 Area offices throughout the state.

“The newly sworn officers exhibited remarkable dedication and determination throughout their training. They have proven themselves ready to take on the responsibilities and challenges of law enforcement, ensuring the safety and well-being of those who live and visit California,”

said CHP Commissioner Sean Duryee. “We are proud to welcome them as part of the CHP family.”

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Cadets also receive instruction on mental illness response and crisis intervention techniques. Training also includes vehicle patrol, crash investigation, first aid, and the apprehension of suspected violators, including those who drive under the influence of alcohol or drugs. Cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring

public, issuing citations, emergency scene management, and knowledge of various codes, including the California Vehicle Code, Penal Code and Health and Safety Code.

A new class of more than 100 cadets will begin their 26-weeks of training at the CHP Academy that same day, bringing the total number of cadets in training to nearly 350.

In June 2022, the CHP launched a multi-year recruitment campaign to recruit and hire 1,000 officers. If you are interested in an exciting career that offers diversity, challenges, and opportunities, the CHP invites you to apply to become a part of our professional organization. ★



The newly sworn in CHP officers answer the call of duty to serve our communities and roadways. Photo courtesy of CHP

\$38 Million Catalytic Converter Theft Conspiracy

United States Attorney’s Office, Eastern District of California News Release

SACRAMENTO, CA (MPG) - Three Sacramento family members pleaded guilty October 16, 2023, to charges related to their participation in a nationwide catalytic converter theft conspiracy, U.S. Attorney Phillip A. Talbert announced.

Brothers Tou Sue Vang, 32, and Andrew Vang, 28, and their mother Monica Moua, 58, all pleaded guilty to conspiring to transport stolen catalytic converters from California to New Jersey in return for over \$38 million in wired payments. Tou Sue Vang also pleaded guilty to an additional 39 charges related to money laundering.

In October and November 2022, federal, state, and local law enforcement partners from across the United States executed a nationwide, coordinated takedown of leaders and associates of a national network of thieves, dealers, and processors for their roles in conspiracies involving stolen catalytic converters sold to a metal refinery for over \$600 million dollars. Nine of 21 defendants were charged in the Eastern District of California.

Catalytic converters are part of an exhaust system that reduces toxic gas and pollutants from a vehicle’s internal combustion engine. Catalytic converters use precious metals in their center, or “core,” and are regularly targeted for theft due to the high value of these metals, especially the precious metals palladium, platinum, and rhodium. Some of these precious metals are more valuable per ounce than gold, and their value has been increasing in recent years. The black-market price for catalytic converters can be above \$1,000 each, depending on the type of vehicle and what state it is from. They can be stolen in less than a minute. Last year, approximately 1,600 catalytic converters were reportedly stolen in California each month, and California accounts for 37% of all catalytic converter theft claims nationwide.

According to court documents, the defendants pleading guilty operated an unlicensed business from their residence in Sacramento where they bought stolen catalytic converters from local thieves and shipped them to DG Auto Parts LLC (DG Auto) in New Jersey for processing. They sold over \$38 million in stolen catalytic converters to DG Auto.

Also charged in the 2022 indictment were co-defendants Navin Khanna, aka Lovin Khanna, 40; Tinu Khanna, aka Gagan Khanna, 36; Daniel Dolan, 45; Chi Mo, aka David Mo, 37; Wright Louis Mosley, 50; and Ishu Lakra, 25, all of New Jersey who operated DG Auto in multiple locations in New Jersey. According to court documents, they knowingly purchased stolen catalytic converters and, through a “de-canning” process, extracted the precious metal powders from the catalytic core. DG Auto sold the precious metal powders it processed from California and elsewhere to a metal refinery for over \$600 million. The charges against them are only allegations; they are presumed innocent until and unless proven guilty beyond a reasonable doubt.

This case is the product of an investigation by the Federal Bureau of Investigation and the Internal Revenue Service Criminal Investigation with assistance from the Sacramento County Sheriff’s Department, the Sacramento Police Department, the Davis Police Department, the Auburn Police Department, the Livermore Police Department, and the San Bernardino County Sheriff’s Department. Assistant U.S. Attorney Veronica M.A. Alegria is prosecuting the case.

Tou Sue Vang, Andrew Vang, and Monica Moua are not yet scheduled to be sentenced. Andrew Vang and Monica Moua each face a maximum penalty of five years in prison. The 40 counts to which Tou Sue Vang pleaded guilty carry various maximum penalties per count ranging from 20 years in prison to five years in prison, and fines that range from \$500,000 to \$250,000 per count or twice the gross gain or loss from the crimes. The actual sentences, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines, which take into account a number of variables.

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. ★

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Absolute Compassion Hospice Offers Commitment to Family and Care

Absolute Compassion Hospice News Release

SACRAMENTO REGION, CA (MPG) - For ten years and counting, Absolute Compassion Hospice has been serving compassionate hospice care here in the greater Sacramento area. Absolute Compassion Hospice is a family owned and operated Hospice Provider, serving the communities of Sacramento, Yolo & San Joaquin counties.

Absolute Compassion is not only the name of the company, but it is their mission as well: "We recognize the value of every individual, guided by our commitment to excellence in service. We are competent, caring people offering extraordinary community hospice care. There is nothing more rewarding and gratifying than knowing you've touched lives. We touch lives, we make a difference and we do it through Absolute Compassion."

A bit more than ten years ago, founders John Cimino and Rangı Giner discussed the idea of starting a hospice care agency. They perceived a need for a more friendly, family-oriented hospice. They each had plenty of experience owning and operating assisted living facilities, where they had experienced frustration addressing the challenges encountered regarding residents who qualified and would benefit from hospice care.

The first resident at their new jointly owned facility, The Meadows at Country Place, had no children or other close family to help with the ups and downs of dealing with his chronic and incurable terminal illness. As an assisted living (non-medical) facility, they naturally had no way of making medical decisions or providing medical comfort care, so every time the resident had extreme pain or other symptoms requiring medical care, they would have to send him back to the hospital.

Once symptoms were alleviated, and medical help was no longer needed, the resident would be returned to assisted living. The stress and the resultant tiredness was very troublesome and wearing on the resident, at a time when the most important thing should have been maintaining a comfortable quality of life. John and Rangı wanted to be able to get this (and every other terminal) resident access



The team of caring professionals at Absolute Compassion Hospice provide personalized expert care services 24 hours a day. Photo courtesy of Absolute Compassion Hospice



Absolute Compassion Hospice founders John Cimino and Rangı perceived a need for a friendly, family-oriented hospice in the area. Photo courtesy of Absolute Compassion Hospice

to the quality hospice care he deserved, but engaging any available hospice company, in a timely fashion, proved to be extremely problematic.

From their family-centered, compassionate point of view, they started visualizing something better. They wished to keep their hospice small so that they could provide a more personal experience. They knew that as owners, they would take a hands-on approach, maintaining attention to detail for each unique individual they served. They would be able to provide services in a more timely manner to the local community of "little guys" that would typically fall through the cracks in the large corporate approach. They would have dedicated doctors on staff to qualify patients as well as prescribe necessary medical interventions for treatment of discomfort and pain.

It seemed meant to be. Under the scrupulous management of Kenneth Mendoza, Absolute Compassion has flourished. The team of caring

professionals provide personalized expert care services 24 hours a day. Many hospice providers provide care, but Absolute Compassion also provides caring. It's their passion for compassion that sets them apart. Their patients and families are assured the peace of mind in knowing that they will be treated with dignity, respect and quality care 24 hours a day.

Every moment in life is meant to be cherished... especially when you know the end could be near. Absolute Compassion Hospice Care allows patients and families to spend their final time together in comfort and dignity while receiving services focused on sustaining quality of life. Their goal is to eliminate pain and manage all of the other troubling symptoms of advanced, life-threatening illness.

Absolute Compassion Hospice is located at 6355 Riverside Blvd suite T, Sacramento, CA 95831. For more information you can call (916) 399-5922 or visit absolutecompassion.com/ ★

Tips: Stay Healthy and Informed this Flu Season

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - As the seasons change and cooler weather sets in, so does the onset of flu season. In addition to the annual influenza virus, the ongoing concern of COVID-19 continues to be a critical health issue. Staying healthy this flu season requires a combination of preventative measures and timely medical intervention.

Getting a flu shot is one of the most effective ways to protect yourself and your community from influenza. The vaccine helps your immune system recognize and fight the virus, preventing or reducing the severity of symptoms and preventing complications. It's recommended for everyone, especially for vulnerable populations like the elderly, young children, pregnant women, and those with underlying health conditions.

In addition to the flu shot, receiving a COVID-19 vaccine and subsequent booster shots is crucial. COVID-19, caused by the SARS-CoV-2 virus, has proven to be a highly contagious and sometimes severe illness. Vaccination not only reduces the risk of infection but also lowers the chances of severe illness, hospitalization, and death.

Visit a Public Health community flu clinic to get this year's flu vaccine and COVID booster. Clinic dates and locations can be found on the Public Health website.

Staying healthy during flu season starts with practicing good hygiene:

Wash your hands frequently with soap and water for at least 20 seconds, especially after being in public places.

Use hand sanitizer containing at least 60% alcohol when soap and water are not available.

Wearing masks, especially in crowded or indoor settings, can significantly reduce the transmission of both the flu and COVID-19.

Avoid touching your face: your eyes, nose, and mouth are entry points for viruses. Try to refrain from touching them unless you've just washed your hands.

Get regular exercise, eat a balanced diet rich in fruits and vegetables, and ensure you're getting enough sleep.

Stay updated with information from reliable sources like the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC). They provide essential guidance on how to protect yourself and others.

Flu season, coupled with the ongoing cases of COVID-19, demands a proactive approach to safeguarding our health. By following recommended preventive measures, getting vaccinated against the flu and COVID-19, we can collectively reduce the impact of these illnesses on individuals and communities. Remember, your health is in your hands, and by taking these steps, you're not only protecting yourself but also those around you. Stay safe, stay informed, and stay healthy! ★

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ABOUT TOWN

Downtown Sacramento Ice Rink Open Nov. 8 - Jan. 15

Sharpen your skates and perfect your triple axel—the Downtown Sacramento Ice Rink returns to the heart of the city on November 8! Feel a chill blow down K street as you approach Ali Youssefi Square and be teleported into a winter wonderland at the ice rink.

Regular Hours

Tuesday – Thursday 2 – 9 PM, Friday – Sunday 10 AM – 10 PM, Closed Mondays except for holidays.

Special Events

Nov. 18 - Princess & Superhero Day

Nov. 19 – River City Food Bank Donation

Nov. 25 – Silent Disco at the Ice Rink

Nov. 26 – Crafting Kindness

Dec. 2 – Calling All Dreamers Holiday Market

Dec. 3 – Calling All Dreamers Holiday Market

Dec. 9 – Xfinity Free Skate

Dec. 10 – Crafting Kindness

Dec. 16 – Silent Disco Ugly Sweater Party

Dec. 17 – First Step Communities Donation

Jan. 7 – Crafting Kindness

Tickets are available at the entrance to the rink when you arrive to skate.

For more info about holiday hours and scheduled events, visit www.godowntownsac.com/events/signature-events/ice-rink/

Run to Feed the Hungry Nov. 23

Presented by Sacramento Food Bank & Family Services at CSU Sacramento (Sacramento State), Sacramento CA.

The pandemic and the economic disruption it caused have triggered a nationwide hunger crisis. Many families—some for the first time—are having to make impossible choices between rent, transportation, utilities, medicine, and putting food on the table. In Sacramento County, about 280,000 individuals are now turning to Sacramento Food Bank and Family Services (SFBFS) for food assistance every month, an increase of 87% over 2019.

The need for SFBFS' services is as great as ever, and after three straight years of rising demand, our resources are becoming increasingly stretched. But with your support, we'll be able to keep pace with demand and distribute more food to more people than ever before. Whether you choose to run or walk the 5K or 10K, donate to an individual or team, or fundraise yourself, every dollar from Run to Feed the Hungry will be used to feed the nearly 1 in 5 Sacramentans who are at risk of hunger.

To register as a runner, view the track map, or find more info, visit www.runtofeedthehungry.com.

California Waterfowl Fundraising Dinner Dec. 7

This fundraiser for the California Waterfowl

Association will be held at Portuguese Hall, 6676 Pocket Road, on Dec. 7.

Doors will open at 5:30 p.m. for games and social hour. Dinner will begin at 7 p.m., followed by a live auction. The event will also include a silent auction and youth program.

For tickets, visit the website, www.CalWaterFowl.org/Tickets

Breakfast With Santa at the Elks Lodge Dec. 17

Two of the best kept secrets in Sacramento are at Elks Lodge 6.

The first secret is they have a wonderful breakfast every Sunday from 8:30 to 11 a.m. Keep it a secret from the kids, but Santa will be there on Saturday, December 17th.

The breakfast will be closed on December 24th and 31st for the holidays.

The breakfast starts with a wonderful omelet bar. The rest of the menu includes: pancakes, french toast, waffles, and biscuits and gravy. There is also potatoes, sausage, bacon, and of course either orange or tomato juice. Don't forget the coffee! All of that for \$15, and children under 10 are half price. That price includes tax and tip [donations to the Purple Pig are encouraged].

That second best secret is the Elks have an indoor swimming pool and athletic facilities with handball courts. While you are there you can have a tour of the facilities.

The Elks Lodge 6 is at 6446 Riverside Blvd.

Elk's Lodge Calendar of Events Elks 6's Annual Arts & Craft Festival and GreenHaven Pocket Farmers Market.

The GreenHaven Pocket Farmers Market will open at 8 A.M.

Free Raffle at GreenHaven Pocket Farmers Market every Saturday until November 11th

Come by Membership Booth and fill out a raffle ticket for a chance to win a free farmers market tote bag filled with fresh farmer products and other goodies. The winning ticket will be drawn at 1 P.M. at the close of each market day until Saturday, November 11th. The winner need not be present to win.

Can you stay too long at the GreenHaven Pocket Farmers Market?

Vic Cima, manager of the GreenHaven Pocket Farmers Market, said, "Juan Flores thought he had to shop from 8 A.M. to 1:30 P.M. at the GHP Farmers Market. His dog got so tired that he had to take a dog nap! Juan will be back every Saturday. We hope his dog also comes."

Elk's Lodge Sunday Breakfast

Every Sunday 8:30am - 11am

Bring your friends and family

\$15 tax included

Best deal in town

Made to order Omelets or eggs any way you want. Bacon, sausage, potatoes, biscuits and gravy, pancakes, waffles, coffee large parties should call for reservations

Guest are VERY welcome!

Canal Holiday Lights Community Pocket News Event

Hi friends and neighbors!

Costco has had Christmas decor for a month, so winter must be coming soon! With it comes the return of our Pocket Canal Holiday Lights!

I hope you've enjoyed this great tradition as much as I have. I love the beautiful show as the lights reflect off the water, but most of all, I enjoy how much it gets our community out, enjoying it together, being with friends, being with family.

We need your help to keep it going and continue to grow this great community tradition.

Can you make a donation to support the effort this year? Any amount helps!

Donations are tax deductible, please donate here:

<https://giftstoshareinc.ejoinme.org/donate> (select "District 7 Canal Holiday Lights")

If your business is interested in sponsoring, please let me know!

And save the dates, December 2nd, hanging holiday lights & December 3rd, lighting ceremony with Santa.

Thanks so much for your support!

Your partner in building stronger communities,

Devin Lavelle
devinlavelle@gmail.com

Sacramento Symphonic Winds Holiday Concert Dec. 10

The Sacramento Symphonic Winds holiday concert entitled "Holiday Fiesta" will be Sunday, December 10, 2:30pm, at Capistrano Hall, California State University, Sacramento (CSUS). Admission and parking at Capistrano Hall (garage levels 1-3) for this concert are free of charge. Donations are welcome! The Sacramento Symphonic Winds is a 60-piece adult symphonic wind ensemble conducted by Music/Artistic Director Dr. Matthew Morse. This concert features Symphonic Dance #3 "Fiesta" by Clifton Williams, A Christmas Carol by Alan Silvestri, Rhapsody on Christmas Carols by Claude T. Smith, and more! Visit our website at: <http://www.sacwinds.org> OR find us on Facebook!

Elk Grove Marine Corps League Launches Toys for Tots Toy Collection Effort

Marine Corps League, Elk Grove Detachment #1238 comprised of

nearly 70 Marine veterans involved in all conflicts from WWII to Afghanistan hosts their 76th Anniversary National Marine Corps Reserve's Toys for Tots program. The mission for the Toys for Tots program is to collect new, unwrapped toys during October, November and December each year and to deliver the toys as Christmas gifts for needy children in the community in which the gifts were collected.

The collection will be on Friday, November 24, 2023 - 10:00 a.m. - 3:00 p.m. in the Smart and Final parking lot at - 8775 Elk Grove Blvd. Baskins Robbins Ice Cream is on the west side and F&M Bank is on the East end in Elk Grove, CA

Today the Marine Corps Toys for Tots program in the United States collects on average 17 million toys and distributes them to 7.5 million children each year.

Marines in Dress Blues who are currently serving our country; Marine veterans who have served in Wars from WWII, Korea, Vietnam, Bosnia, the Gulf War, Desert Storm, Kuwait, Afghanistan and Iraq. Elk Grove Girl Scout Troop# 276 will also attend.

This event is fully sanctioned by the USMC Reserve's Toys for Tots Program. For more information about the program and its history, please go to www.toysfortots.org

Sacramento Area Museums Showcase Region's Farm-to-Fork Roots All Year Long

SACRAMENTO, Calif. (August 28, 2023) – The Greater Sacramento region is rich with popular museums and destinations that offer diverse and enriching experiences for individuals, families, residents, and visitors alike. Given the critically important role agriculture continues to play in the region, many local museums offer special exhibits, experiences and activations that highlight ever-enduring Farm-to-Fork connections. A sampling of some of the Farm-to-Fork offerings at local museums includes the following:

California Agriculture Museum – Woodland is home to an entire museum focused on agriculture, filled with a unique collection of harvesters, wheel and crawler-type tractors, combines, trucks, art, artifacts, rotating interactive exhibits and much more. In all, the museum tells the history of Farm-to-Fork, dating back to the Gold Rush era and how the industry evolved from horse drawn to steam driven to fuel powered machines to harvest and transport California's bounty.

California State Railroad Museum & Foundation – A Fruit

Growers Express refrigerated rail car is on permanent display inside the Museum's Roundhouse. Museum visitors can explore this historic rail car and exhibit, "Farm to Fork: A Public History," and learn about how refrigerated rail cars enabled California farmers, growers, and producers send farm-to-fork freshness all over the country. Visitors can step inside the historic Fruit Growers Express rail car to see how the ice-cooled rail cars transported produce and built an agricultural system that exports more wealth than the California Gold Rush. Plus, the popular weekend excursion train, Sacramento Southern Railroad – currently on pause due to an important rail repair project – runs on the historic Walnut Grove Branch Line. This rail line transported pears, asparagus, celery, seeds, and other products from the Delta communities to markets nationwide.

Sacramento Children's Museum

– Young visitors hungry to learn about fresh food have a variety of options at the Children's Museum, including at the miniature Leo's Market and Leo's Food Court (a miniature market of food carts), about bees and honey with the in-house beehive, and an interactive train table highlighting Sacramento's agricultural landscape in miniature, complete with mini livestock. Plus, the Children's Museum will be at the Farm-to-Fork Festival (September 22-23) sharing vegetable stamp printing with visitors.

SMUD Museum of Science & Curiosity – MOSAC's interactive exhibits bring the story of water to life, demonstrating how our region is working together to conserve this natural resource for now and future generations. The "Water Challenge" exhibit lets museum visitors actively shape a watershed's flow, create a tune for saving water at home, and choose between local or non-local foods to buy based on how everyday decisions impact conservation efforts — all while learning about the environmental footprint along the way.

Utility Exploration Center – The City of Roseville's Utility Exploration Center (UEC) is a testament to the region's commitment to sustainable living and resource conservation. Nestled in the heart of a region renowned for its Farm-to-Fork movement, the UEC acts as an educational hub, encouraging residents and visitors alike to delve into the intricacies of energy and water conservation, waste reduction, and sustainable practices. By fostering an understanding

of how we use and preserve resources, the UEC underscores the importance of our agricultural roots.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org.

Friends of Sutter's Fort Announces Exciting Line-Up of Special Events and Activations Happening this Fall

SACRAMENTO, Calif. – Friends of Sutter's Fort, in partnership with Sutter's Fort State Historic Park, is proud to present a series of family-friendly events and activations this fall highlighted by holiday themed movies, an all-ages concert, and adventurous self-guided evening tours by flashlight or lantern light.

A schedule of fall activities presented by Friends of Sutter's Fort includes the following:

Flashlights & Friends After Hour Tours – Friday, December 1 from 6 to 8:30 p.m.

For those seeking fun and adventure in a unique space, Flashlight & Friends may be just the ticket. The holiday themed evening provides an opportunity to explore Sutter's Fort Historic Park like never before – by flashlight or lantern light (guests can bring their own or purchase them on-site). The self-guided tour experience is family friendly and includes live music, games, and treats for event attendees. For tickets and/or more information visit <https://suttersfort.org/event/flashlights-friends/>

The special events and activations support the nonprofit Friends of Sutter's Fort to help provide upcoming programming such as field trips and future events at Sutter's Fort State Historic Park.

For those interested in visiting inside Sutter's Fort State Historic Park (that is open from 10 a.m. to 5 p.m. daily), all Fort admission fees will be waived for the duration of a major roof replacement and seismic stabilization project that is currently underway. Visitors can observe the rehabilitation project firsthand and tour the Central Building, which remains open.

Friends of Sutter's Fort Friends of Sutter's Fort is a 501c3 charitable foundation. As a state park cooperating association, we collaborate with California State Parks at Sutter's Fort State Historic Park to preserve and protect historic structures, and artifacts, and to engage visitors of all ages. For more information, please visit www.suttersfort.org ★

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Matsui, Gallagher Lead Effort Early Introduction of Food Allergens

Matsui Press News Release

WASHINGTON, D.C. (MPG) - Congresswoman Doris Matsui (D-CA) and Congressman Mike Gallagher (R-WI) led a group of 10 lawmakers in sending a letter to the Dietary Guidelines Advisory Committee (DGAC), urging the committee to evaluate early introduction of food allergens to prevent development of food allergies in their upcoming Scientific Report. The DGAC, comprised of expert advisors in the fields of food and nutrition, is tasked with reviewing the evidence on nutrition science in preparation for the issuance of the updated 2025 Dietary Guidelines.

“As Congressional champions for Americans with food allergies, we write to urge the Dietary Guidelines Advisory Committee (DGAC) to include in its Scientific Report a review of the evidence regarding early introduction of common allergens in the dietary recommendations for birth through 24 months of age,” wrote the lawmakers.

Every three minutes, a food allergy reaction sends someone to the emergency room and more than 200,000 people per year require emergency medical care due to a severe food-related allergic reaction. Food allergies are not only a medical concern, but also an economic one. Caring for children with food allergies costs approximately \$25 billion each year. This includes costs from medical providers, medications, emergency room and hospital visits, missed work and school.

“[...] the incidence of food allergies is skyrocketing—the Centers for Disease Control & Prevention (CDC) reports that the prevalence of food allergy in children increased by 50 percent between 1997 and 2011,” the lawmakers continued. “However, a growing body of evidence provides hope that this trend may

be reversed – studies have indicated that early introduction of potential allergens may prevent development of food allergies.”

Congresswoman Matsui has been a long-time advocate for the food allergy community. She is co-chair of the bipartisan Congressional Food Allergy Research Caucus and authored the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act, which was signed into law by President Biden in April 2021.

A copy of the letter can be found below:
Dear Ms. De Jesus:

As Congressional champions for Americans with food allergies, we write to urge the Dietary Guidelines Advisory Committee (DGAC) to include in its Scientific Report a review of the evidence regarding early introduction of common allergens in the dietary recommendations for birth through 24 months of age. Given the significant burden of food allergies on Americans, and their increasing prevalence, it is imperative that the DGAC use its platform to highlight the latest science on food allergy prevention, helping Americans to live safer and healthier lives. We appreciate the opportunity to comment on the important work of the DGAC as it undertakes its scientific review to aid in the development of the Dietary Guidelines for Americans (DGA) that occurs every five years.

Food allergies impact an estimated 33 million people in the United States, including 5.6 million U.S. children, or about 1 in 13 kids. Food allergies can be severe and life-threatening, resulting in approximately 200,000 individuals requiring emergency medical treatment annually. More concerning, the incidence of food allergies is skyrocketing—the Centers for Disease Control & Prevention (CDC) reports that the prevalence of food allergy in children increased by 50 percent

between 1997 and 2011. However, a growing body of evidence provides hope that this trend may be reversed – studies have indicated that early introduction of potential allergens may prevent development of food allergies.

For example, the groundbreaking Learning Early about Peanut Allergy (LEAP) trial demonstrated reduction in development of peanut allergy by over 80 percent in children who were exposed to foods containing peanut starting at age 4-10 months. This research, and additional studies that followed, spurred a radical shift in infant feeding recommendations from major groups. In 2016, the National Institute of Allergy and Infectious Diseases (NIAID) published Addendum Guidelines for the Prevention of Peanut Allergy in the United States, Report of the NIAID-Sponsored Expert Panel (Addendum Guidelines) recommending that infants across levels of risk should be introduced to age-appropriate peanut-containing foods starting around 4-6 months of age. The American Academy of Pediatrics (AAP) has also endorsed guidelines recommending early introduction of peanut protein for infants.

Evidence has also accumulated in favor of early introduction of egg into infants’ diets. In 2021, the American Academy of Allergy, Asthma, and Immunology; the American College of Allergy, Asthma, and Immunology; and the Canadian Society for Allergy and Clinical Immunology published joint guidance following a literature review of available evidence on early introduction. The groups recommended introducing peanut-containing and egg-containing products to all infants starting around age 6 months.

Research demonstrating the benefits of early introduction, and the guidance that followed, represents a reversal of long-held belief that parents should delay introducing peanuts and other common allergens

into their children’s diets. Given the potential harms of following this older guidance, policymakers, health care providers, public health workers, and advocates should be aware of this new research by incorporating it into key nutritional guidance for Americans, notably, the DGA.

As you know, the 2020-2025 edition of the DGA was expanded to cover, for the first time, dietary recommendations for birth through 24 months of age. We were pleased to see the 2020-2025 DGA included a recommendation on early introduction of peanut to reduce the risk of developing peanut allergy based on the NIAID Addendum Guidelines. In addition, the prior DGAC Scientific Report recommended inclusion of both egg and peanut as having sufficient evidence to be covered in the 2020-2025 DGA.

Nonetheless, as we have been monitoring the ongoing work of the 2025-2030 DGAC, we note that it has not included evaluation of current science on early introduction in the diet of infants to prevent food allergy as a research question. We are concerned that the DGAC may not be continuing to evaluate the benefit of early introduction of food allergens and building on its previous recommendations based on the growing body of scientific evidence, which could result in an updated DGA that does not reflect the most current science. We urge the DGAC to thoroughly evaluate the total body of evidence on early introduction of food allergens to prevent development of food allergies. Early introduction of food allergens is critical to reducing the development of food allergies and their often life-long burden.

We look forward to your prompt response. Thank you for your time and attention to this crucial matter. ★

PG&E Undergrounding 350 Miles of Powerlines

PG&E News Release

OAKLAND, CA (MPG) - Pacific Gas and Electric Company (PG&E) announced on November 1, 2023, that it has successfully completed the construction and energization of the most underground powerlines in its history, a key milestone in preventing wildfires and protecting customers.

As of Oct. 30, 197 miles of powerlines have been undergrounded and energized so far in 2023. That tops the 180 miles of undergrounded in 2022 and the 73 miles in 2021, the year that PG&E’s 10,000-mile Undergrounding Program was launched.

The end-of-the-year target for 2023 is 350 miles.

Undergrounding essentially eliminates nearly 98% of the risk of wildfire ignition from electrical equipment for about \$3.40 per month per customer from 2023-2026

Last month, the utility said 350 miles of digging trenches and installing conduit, the piping that securely holds the electric lines in place when underground, had been completed. That’s the most time- and labor-intensive portion of underground construction.

After that civil construction work is completed, electric crews arrive to pull powerlines

through the conduit, make the necessary electrical connections, de-energize the overhead lines and energize the underground lines. Final steps include removing the overhead lines and poles in some cases and then completing the paving and other work to leave the location in as good or better than it was before the construction.

“Look at the results”

On average, about 20 more miles of undergrounded line will be energized each week through the end of the year. PG&E customers in Placerville (El Dorado County), Murphys (Calaveras County), Elk Creek (Glenn County) and Potter Valley (Mendocino County) are among those now being served and protected by underground powerlines.

“For those who questioned PG&E’s capability to scale up our Undergrounding Program, our answer is simple – look at the results,” said Peter Kenny, PG&E’s Senior Vice President of Major Infrastructure Delivery, which includes undergrounding. “By the end of this year, we’ll have safely installed over 600 miles of powerlines underground since the program launched in 2021. This demonstrates we can successfully perform this important work while doing it

at a lower cost year over year.”

Undergrounding is cheaper for customers in the long run

Investing in undergrounding in the highest fire-risk areas benefits all PG&E customers in a number of ways -- from improved air and water quality resulting from fewer fires; protection of wildlands; and over the long run, improved access to homeowners’ insurance coverage at lower premiums.


Expanding PG&E’s electric system underground in High Fire-Risk Areas (HFRAs) will not only help reduce wildfires caused by utility equipment, but also will improve reliability and reduce the need for safety-related power outages. Undergrounding reduces the need for tree work and overhead powerline maintenance, resulting in customers’ savings.

Go to www.pge.com/undergrounding to see PG&E’s progress and learn more about this crucial safety program.

Pacific Gas and Electric Company, a subsidiary of PG&E Corporation (NYSE:PCG), is a combined natural gas and electric utility serving more than 16 million people across 70,000 square miles in Northern and Central California. For more information, visit pge.com and pge.com/news. ★



A rock wheel trencher is used by PG&E for some undergrounding projects. Photo courtesy of PG&E




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Shifting How California Funds its Mental Health System

System is Critical to Getting More People Off the Streets

**Commentary By
Darrell Steinberg
Mayor of Sacramento
From CALMATTERS.
ORG**

What if we could reach each person suffering from mental illness or addiction on California's streets and assertively surround them with the resources they need to get well and to get housed? What if we could get them a mental health therapist, a bed in an addiction treatment facility? Someone to help them find an apartment and to pay their rent?

This is not an impossible dream. To reach tens of thousands of people living in tent encampments, we must prioritize and focus the billions generated through our existing Mental Health Services Act, the millionaire's tax I authored in the Assembly and was approved by voters 20 years ago as Proposition 63.

California needs more money for housing and more money for mental health and substance abuse treatment – all targeted for those with the most severe needs.

The effort is well underway with Gov. Gavin Newsom's mental health system overhaul, which requires that more of the \$4 billion raised annually by the MSHA is spent in a much more focused way. Thirty percent for housing, 35% for wraparound services, and the remainder for other services and ensuring children get the help they need before they suffer the worse consequences of untreated mental illness.

In March, voters will have a chance to weigh in on these

crucial changes in addition to a second key piece of the governor and legislature's agenda for behavioral health reform. Proposition 1 would modernize the MSHA – renamed the Behavioral Health Services Act – and raise an additional \$6.2 billion in one-time bond funding to build more housing and treatment beds for those with the most severe needs.

Currently, the funds produced by Proposition 63 flow to counties to care for adults and children with serious mental illness. MSHA's 20-year history and \$31 billion of community-based services has saved many lives.

But the work is so incomplete. Counties currently spend this money to help many people in need. But there has not been enough focus on identifying and enrolling the unhoused people suffering in plain view on our streets.

The updated Behavioral Health Services Act shifts the dynamic by requiring more funding – an estimated \$1 billion – to be spent on housing those with severe mental illness and substance use disorders. It expands the successful full-service partnerships, the wraparound services that is the proven formula to end homelessness for thousands when combined with housing.

The law would also require the prevention and early intervention resources required by the original MSHA to be spent on proven strategies like investing in early psychosis

identification, so teenagers do not suffer that life-altering first break.

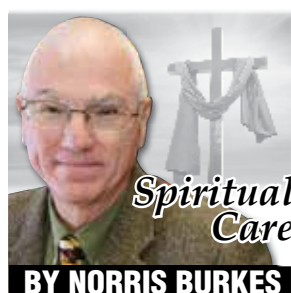
In Sacramento, our city and county governments in December took an important legal step toward a more robust encampment outreach and enrollment strategy. Sacramento County pledged in this agreement to do "whatever it takes" to get people off the streets, including adding as many full-service partnerships as needed. New city-county outreach teams are working the encampments and identifying the people who qualify for this level of care.

Our agreement is a model that could be replicated by cities and counties statewide to reach more people.

Passing the accompanying bond next year to build community treatment and housing facilities will move us much closer to fulfilling the promise made by Gov. Ronald Reagan and the Legislature when they closed old hospitals and promised a decent system of community based mental health care. Closing the hospitals was the right decision. For decades the community promise was forgotten.

The MSHA in 2004 was a major step towards upholding that promise. The BHSA and the bond has the chance to move us even closer.

Every dollar, every program, every roof, every bed, every newly trained care provider means one more person off our streets, out of the hospital, out of jail, out of a lonely back bedroom with the chance for a better life. ★



BY NORRIS BURKES

There's no holiday that expresses our fears like Halloween. So if you're like me, you're glad the spooky day has passed.

The celebration sees folks reveling in such phobias as arachnophobia, chiroptophobia, achluophobia and necrophobia. Respectively, the fear of spiders, bats, darkness and dead things.

But if you are ophidiophobic, you may want to pass on this column. Fortunately, the irrational fear of snakes never plagued our family.

That's why years ago, when my then-teenage son, Michael, asked for a corn snake, his schoolteacher-mother obliged. She was firm in her belief that all children should have the chance to start their own animal kingdom.

But as we would discover, the most difficult thing about snakes is that like my teenage son, they tend to escape from their cage. Okay, we never put Michael in a cage – he had to go to school. But we did keep him in his room at night.

When his snake did escape, it usually returned within the week for food. Its last getaway came on the eve of a visit from my snake-phobic mother and forced us to launch an all-out search for the critter.

Knowing that snakes will seek sheltered heat sources, we searched every heat source we could imagine until we finally noticed the pungent odor wafting from the laundry room.

Thingamabobs, Phobias and Snakes...Oh my

Still unable to see anything, my wife and I tipped the cumbersome appliance to find that washing machine transmissions aren't friendly environments for your average carbon-based life form.

Now I warn you that if you are blennophobic – afraid of slime – you should really give up on this column because our corn snake looked more like corn syrup – or maybe creamed corn. Take your pick.

But most especially if you are olfactophobic – afraid of smells – like the washing machine repairman who came to our house with his shirt pulled up over his face, you needn't read on.

His only suggestion was that we call a biohazard team. The problem is that those teams have been known to bankrupt small cities.

So I determined to do this toxic cleanup myself. Armed with cleaners, disinfectants, sponges, paper towels and plastic gloves, I opened our washroom door and blasted the room in a "cover fire" of deodorizer.

Holding my emetophobia in check – fear of vomiting – I entered the toxic zone and was quickly driven back by my old nemesis – a gag reflex on a hair trigger.

Bolting from the room, I came to a hard stop in front of my wife who was wearing the look most husbands know. It was the same "You're worthless!" look we get when the keys we've lost are in our other pocket.

"I'll do this," she said, "but you'll need to get this

machine into the backyard where I can work on it."

"No problem," I said. An hour later, the machine sat in the open air which diluted the smell enough for me to remove the motor, transmission and some other thingamabobs I didn't recognize.

True to her brag, my wife spent the next few hours disengaging the remains of the snake just as the sun began to set on the horribly long, hot day.

It had been a day of confronting our fears, including the pet owner's worst fear – that of losing their pet. Nevertheless, each of us somehow found the courage to push aside our fears and accomplish what some had said couldn't be done.

When I think of all the things that scare me in this world, I'm grateful that our spiritual beliefs can be a great source of courage. The Christian apostle, Paul, wrote that "God has not given us the spirit of fear, but of power, and of love, and of a sound mind."

As for the washing machine, I was struck with a severe case of mechano-phobia – fear of machines. Fortunately, I pressed past my chrometophobia – fear of spending money—and paid a repairman to put those thingamabobs back in place.

Buy my latest book, "Tell It To the Chaplain" on my website, Amazon or by sending me \$20. Send comments to comment@thechaplain.net. Leave recorded comments at (843) 608-9715 or write 10556 Combie Rd Suite 6643 Auburn, CA 95602. ★

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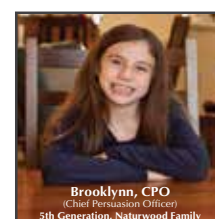
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