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Elks 6 Remembers Veterans



Linda Van Gundy, James Shearer, and Martin Gisler watch the closing ceremonies of the Tribute to Fallen Soldiers Memorial Torch Motorcycle Ride at Elks 6. Photo Courtesy of Elks 6

Story by Stephen B. Clazie, Sacramento Elks 6

SACRAMENTO, CA (MPG) - "So long as there are veterans, the Benevolent and Protective Order of Elks will never forget them." Thousands of Elk

volunteers give generously of their time, energy, and resources to serve veterans each day, to ensure that pledge is not an idle one. For members of Sacramento Elks Lodge 6 it is a full year of dedication and service to

honor our veterans. This year's activities were recently highlighted by the Elk's Veterans Appreciation Luncheon at 11:30 a.m. on Friday, November 10. Steve Spriggs acted as MC, and he is the lodge Veterans Chair.

The guest speaker, Sacramento County Veterans Service Officer Rochelle Arnold, addressed the attendees by presenting a brief overview of services available and assistance offered by the Sacramento County Veterans Services Continued on Page 2

Grant Enhances CHP's Strategies to Combat Aggressive Driving

CHP News Release

SACRAMENTO, CA (MPG) - Speed and aggressive driving continues to be a major concern on California roadways. Federal funding awarded to the California Highway Patrol (CHP) will help implement safety measures to reduce dangerous driving behaviors statewide.

The \$2.5 million Speed Prevention, Education and Enforcement Deterrence (SPEED II) grant aims to reduce the number of fatal and injury crashes related to speed and the number of victims killed and injured in these crashes. To achieve this, the CHP will deploy enhanced enforcement and public awareness campaigns statewide.

Speeding and aggressive driving behaviors are a significant danger to the motoring public, pedestrians, and individuals using alternate forms of transportation. In federal fiscal year 2021-2022, speed was a factor in nearly 40% of all fatal and injury crashes in California. During this period, there were in excess of 28,000 speed-related crashes, resulting in over 400 deaths and more than 42,000 injuries.

"The receipt of this grant will enable the CHP to reinforce our commitment to road safety," said CHP Commissioner Sean Durycie. "Through a combination of proactive enforcement and community education, we aim to eliminate the threat of speed and aggressive driving, while making our roads safer for everyone."

During April 2021 to July 2023, the CHP used federal funding to employ educational and enforcement efforts to combat dangerous driving behaviors. The federal funding allowed the CHP to conduct enhanced speed enforcement operations on state routes with increasingly speed related incidents. During this period, the CHP issued over 48,000 citations to motorists exceeding 100 miles per hour; collaborated with allied law enforcement agencies and posted anti-speeding and aggressive driving behavior ads on social media.

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

The mission of the California Highway Patrol is to provide safety, service, and security. ★

Eight-Month-Old Wins Halloween Costume Contest

Story and photos by Stephen B. Clazie, Sacramento Elks 6

SACRAMENTO, CA (MPG) - Teresa Alvarado is only eight months old, but she was the overwhelming winner in the Greenhaven Pocket Farmers Market Halloween Costume Contest on Saturday, October 28.

Prizes were given for the best child veggie or fruit costume. A total of three winners were chosen. Each of the three winners received tickets for a free Elks Sunday breakfast. Teresa won three free breakfasts for her parents.

Lucas Wong, who is three years old, took second place, and his 14-month-old sister Mia took third place. The Wong's got three free breakfasts.

Teresa's mother, Nicole Holton-Alvarado, had Teresa dressed as a strawberry.

Strawberries are really no longer in season by the time Halloween comes around. At the height of

the strawberry season, however, you cannot miss seeing Tom Gwinn at the Greenhaven Farmers Market with over 300 baskets worth of fresh strawberries that are shipped overnight from Watsonville.

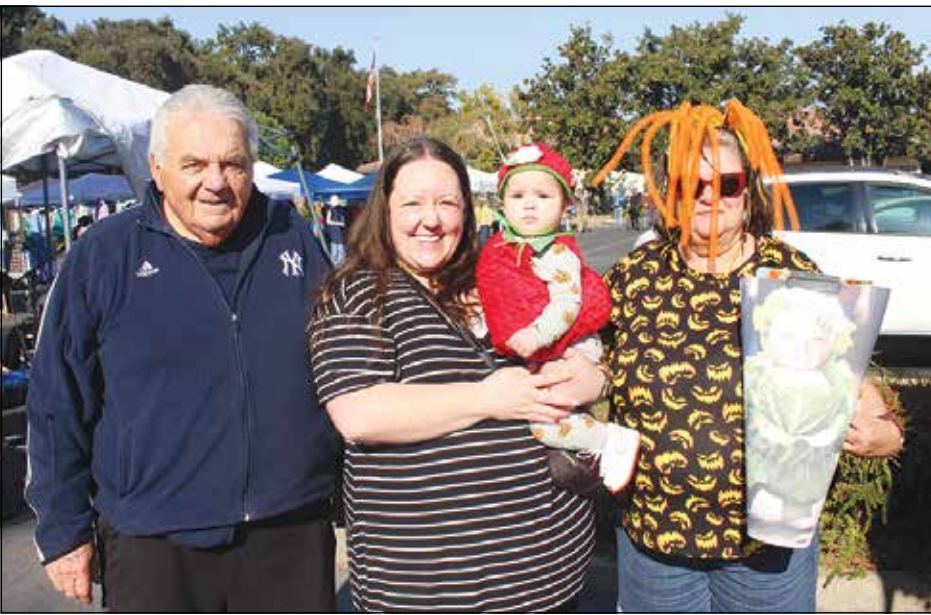
Vic Cima, manager of the market, said, "If we have a strawberry festival next year, we already have our princess in Teresa Alvarado." She could ride

around the market in her strawberry costume.

Teresa's mother, who has a very infectious smile, has been a member of the Sacramento Elks Lodge for seven years. Teresa and Nicole are frequently at the Greenhaven Farmers Market.

Nicole's father, Dennis Paul "Denny" Holton, was a very beloved member of the Lodge, and as

Continued on Page 3



Vic Cima, GHP manager, congratulates Nicole Holton and her strawberry-costumed daughter, Teresa, on winning the Greenhaven Pocket Farmers Market Halloween Costume Contest. Yvonne York, who was in charge of prizes, holds one of the event's posters.



Teresa Alvarado, who is only eight months old, shows off her winning strawberry costume.

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Elks Lodge 6 Remembers Veterans

Continued from Page 1
Office Monday through Friday, from 8 a.m. to 4 p.m. Her phone number is (916) 854-8900.

Elks 6's Linda Van Gundy, who is a past lodge Veterans Chair and past Northern-Central District Veterans Chair, said the mission of the county office is, "To promote the interests, health and welfare of veterans, their dependents, as well as their survivors." The veterans were offered the opportunity to ask questions and make appointments for personal guidance.

The luncheon was the culmination of Elks 6's veteran support activities. The lodge collected and signed over a thousand holiday cards for distribution to men and women receiving care at the VA Medical Center at Mather, California.

Elks 6 had a care package drive that started October 19, and ended with the Vets Appreciation Luncheon on November 10. They had a barrel outside the Elks' office to receive items on their wish list. The list included such items as tuna, chili, nuts, protein bars, jerky, trail mix, drink enhancers, batteries, razors, deodorant, wipes, lip balm, puzzle books, and games.

They took their collected items to a military care-package packing event on Saturday, November 18, at the Roseville Veterans Memorial Hall from 9 a.m. until noon.

In conjunction with

Sacramento Blue Star Moms the lodge donated snacks, personal care supplies, puzzle books, games, canned meats and drink enhancers to be included in the BSM care packing Event. It provided a little bit of home in 400 boxes to be sent to men and women deployed overseas this holiday season.

Linda Van Lundy, who is a dedicated Elks 6 veterans volunteer, oversaw the Blue Star Moms collection and the Christmas Card Drive.

Sacramento Elks also had forty welcome-home baskets filled with supplies to assist soldiers and their families as they adjust to settlement in the area. The lodge purchased the contents for the baskets through an Elks National Foundation Grant. Dayna Schilling oversaw the welcome-home baskets for unhoused veterans moving into permanent housing. Schilling said, "Each basket included a coffeemaker and new pillow, which are the two most requested items. The baskets also had household and toiletry supplies."

The luncheon had a video presentation of the patriotic song, "My Name is America," by Todd Allen Heredeem. It is one of the top-50 most patriotic country songs. Linda Van Gundy, who is an Elks 6 dedicated veterans volunteer, said, "It sings of the values for which America stands."

PER Stephen B. Clazie read the poem "Just



Elks 6's Linda Van Gundy, who oversaw the Blue Star Moms collection, goes over some items with the Blue Star Moms President Debbie Konvalin. Photos Courtesy of Elks 6

a Common Soldier," which is also known by "A Soldier Died Today." World War II veteran Lawrence Vaincourt wrote his popular poem "Just a Common Soldier" out of sadness and frustration with the way Canada's shrinking number of veterans were treated by the government. It was first published in his 1987 Remembrance Day newspaper column. Clazie read the version that Lawrence Vaincourt's son Randy says is the original.

Besides this luncheon and other veteran support activities, Elks 6's recently hosted a Tribute to Fallen Soldiers Memorial Torch Motorcycle Ride visit. James Shearer coordinated Elks 6's participation, and the lodge held a dinner on Wednesday, September 28th, for the group. While staying at the Sacramento Elks Lodge 6 the Motorcycle Ride Tribute had visits with

three Gold Star families in the Sacramento Area.

Warren Williamson, who is the leader of the Fallen Soldiers Tribute, noted the service at Elks 6 was for Army Staff Sergeant Christopher Ivan Roberts, a 2007 graduate of John F. Kennedy High School. He served with Charlie Company, 2nd Battalion, 1st Infantry Regiment as a "centurion." In the United States Army a "centurion" is roughly equivalent to a captain.

Williamson also said, "It was our ambition to honor each and every one of these fallen service members to graciously acknowledge their service and sacrifice and to remind each Gold Star family their fallen service member wasn't forgotten."

Elks 6's Leading Knight Sue Hill said, "We can be very proud of the many lodge members who have participated in these veteran projects." ★



Warren Williamson, the leader of the Fallen Soldiers Tribute, makes a presentation to a Gold Star family. They performed three honor ceremonies in the local area while they stayed at Sacramento Elks Lodge No. 6.



Sacramento County Veterans Service Officer Rochelle Arnold answers questions at the Elks 6's Veterans Appreciation Luncheon.

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Kings Announce the 22nd Annual Season of Doing Good

Sacramento Kings Communications News Release

SACRAMENTO, CA (MPG) - On Monday, November 6, 2023, the Sacramento Kings Foundation announced activations for the 22nd Annual Season of Doing Good, presented by Raley's.

"This annual tradition is an opportunity to reaffirm our deep commitment to the incredible Sacramento community and create positive change," said Sacramento Kings Chief Operating Officer Matina Kolokotronis. "We are proud to partner with local organizations and nonprofits and give back to those in need."

"It's our honor to partner with the Sacramento Kings on their Season of Doing Good," said Raley's Vice President of Community Impact and Public Affairs Chelsea Carbahal. "Together we are committed to creating memorable experiences and providing nutritious meals for families across our region."

The season will tip-off on November 9, with the team hosting the annual Eat Like a King event, a harvest festival themed feast at Golden 1 Center. The Sacramento Kings players and coaches will serve dinner and eat with over 200 youth and their families from 27 nonprofits supporting underserved areas of Sacramento. The event will also include interactive games, a DJ, performances by the Kings Dancers and a photo booth.

On December 2, as the Kings take on the Denver Nuggets the team will host a Toy Drive with Les Schwab.



The first 200 fans who bring a toy valued at \$20 or more will receive two tickets to a future Kings home game.

On December 15, the team will host Kingpin Classic at The Apex at Red Hawk Resort + Casino. The Kingpin Classic charity bowling tournament is an opportunity for Kings fans to bowl with their favorite players and coaches while enjoying entertainment from the Kings Dancers, and Slamson. In addition, all participants will receive an exclusive Kingpin Classic shirt, Kings swag, unlimited arcade games, food and beverages and more. All proceeds benefit local youth basketball programs. Advanced sponsorship package and ticket purchases are required for both bowlers and spectators.

On December 17, the Kings and Raley's will deliver bags of groceries, Raley's gift cards and co-branded swag to local

veterans as part of the team's Shop Like a King event.

On December 19, the team will spread holiday cheer at select Raley's stores with players surprising shoppers with gift cards for groceries.

Additionally, Kings guard De'Aaron Fox and Raley's, guard Malik Monk and Forward Trey Lyles will each host Thanksgiving meal donations in Sacramento, Arkansas and Indiana, respectively. In December, Fox will also host a toy drive and Monk will provide a holiday shopping spree for families at Target.

All Season of Doing Good event benefactors and audiences are predetermined and selected in collaboration with Raley's, local nonprofit partners and community organizations.

For more information on the Season of Doing Good, visit Kings.com/Community. ★

Eight-Month-Old Wins Halloween Costume Contest

Continued from Page 1

a U.S. Army veteran of Vietnam was laid to rest in the Sacramento Valley National Cemetery in Dixon about a year before Teresa was born.

"Denny" was a retired plant manager from the Sacramento City Unified School District, and upon his retirement volunteered as a member of Elks 6's preventative maintenance crew. He applied his custodial talents to have the Lodge spotless. Members marveled at how the Lodge had never looked so great, and shortly before his passing Denny was honored as Elk of the Month for the outstanding job he did.

Nicole said, "On my free time I helped my dad help the lodge. I am so glad I had that time to work with him." She paused and added, "It was fun! He loved the Lodge so much."

Cima said, "Denny would really be proud that his granddaughter won the GHP Halloween Costume Contest."

The main poster for this year's contest featured Vic Cima in a cabbage-patch costume advertising the fact that GHP would be giving prizes for the best child veggie or fruit costume. It mentioned that a total of three winners would be chosen, and each of the three winners would receive free tickets to an Elks Sunday breakfast. Cima did not always appreciate the poster, and he said next year they can eliminate his image!

The GHP's first Halloween Costume Contest was a success, but Cima noted not as successful as we hoped. He said



Three-year-old Lucas Wong took second place, and his 14-month-old sister Mia took third place in the Greenhaven Pocket Farmers Market Halloween Costume Contest.

it will be an annual event, and that next year we need to publicize that contestants will be receiving large trick-or-treat bags filled with a number of items. We did not do that this year.

Cima was really upset, and thought it was a shame: "We did not publicize the large trick-or-treat bags we were giving away."

Yvonne York did a fabulous job of creating these outstanding trick-or-treat bags filled with large coloring books, small reading books, crayons, and candies. Each bag had at least 12 items. Yvonne had at least 29 bags.

She said, "All remaining bags (about 20) I filled with remaining candy, suckers, small Elks drug awareness coloring books, etc."

Yvonne handed out those remaining goodie



The Cabbage Patch Cima poster received a lot of positive reactions. Vic Cima was not so sure, and said they didn't have to use it next year.

bags at the Elks 6's Trunk or Treat on Halloween.

"Next year," Cima said, "We will advertise that part of our contest, and get our vendors to give a gift certificate for items like a bag of Truthful Popcorn, a monster cookie from Sweetbrier Bakery, a basket of strawberries, or a street taco from Yolanda's Tamales, etc." ★



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LAND PARK
Large corner lot in Land Park. Enjoy this remodeled "move-in" condition 2 bd. / 2 bath home on a lovely tree lined street. Beautifully refinished hardwood floors in the spacious living room with bay window, plantation shutters, fireplace with insert and recessed lighting with dimmer. Enjoy cooking in the delightfully remodeled kitchen with quartz counters, under counter recessed lighting, stainless steel dishwasher & sink, gas range / oven and three door pantry. Both bedrooms have ceiling fans and wood floors. Hall bathroom has restored cast iron tub with shower and vanity with marble counter. Second bath is in the back bedroom and features a large tiled shower. Plantation shutters throughout, many dual paned windows, inside laundry room with cabinets, folding area and access to back porch. Two driveways, single car garage. 3041 17th Street



LAND PARK
Nestled in the heart of Land Park on a tree lined street, this spacious three-bedroom 2.5 bath home features formal tiled entry, living room with fireplace & bookshelves, oversized formal dining room with window overlooking backyard, galley type kitchen with island eating area, stainless steel appliances, tiled backsplash and access to patio. Downstairs desk area with adjoining bath, and TV / gathering room with sliding door to yard. Three upstairs bedrooms, updated hall bath with new vanity, floor and shower. Primary bedroom with large walk-in closet, updated bath with shower over tub. Lots of wood floors, central heat and air, basement and two-car garage. Backyard covered patio with privacy drapes, brick fence and small storage shed. Don't miss this one! 1154 Swanston Dr. \$1,075,000



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ABOUT TOWN

Crocker Holiday Artisan Market 2023 Thanksgiving Weekend at the Scottish Rite Center November 24, 25, 26 2023

The Crocker Art Museum is delighted to partner again with the Creative Arts League of Sacramento in bringing attendees an opportunity to shop for distinctive, one-of-a-kind treasures at the annual three-day Crocker Holiday Artisan Market 2023. The event will be held at the Scottish Rite Center with plenty of free parking and room for the displays of our creative artisans. Fine and functional work at all price points will include glass, textiles, wood, ceramics, paper, photography, painting, sculpture, fiber & textiles, jewelry and more!

Over 100 artists and their original works have been carefully juried into this special event to provide you with an exciting, varied and quality shopping experience that is unique in the region. Meet the artists and find out about their artistic journeys and processes.

Bring your family and friends and feel free to take your own candid holiday photos with our beautiful Victorian Santa. Delightful food will be served in the cafe. Pixies and Elves will be face painting, balloon tying and creating meriment, music by local Musicians will be performed in various rooms and enjoy a free Passport Drawing “Treasure Hunt” with stamping stations located throughout the venue. There will be over 30 original art pieces donated by artists, which will be awarded to 30 lucky attendees after this special three-day event!

To buy tickets and learn more, visit www.crockerholidayartisanmarket.com

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/

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 Elk’s Lodge Sunday Breakfast

Every Sunday
8:30am - 11am

Bring your friends and family
\$15 tax included
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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!

The Annual Toy Drive has begun!

This year the drive is headed by Joanne Martin
Watch for more details but in the meantime you can bring your donations to the Lodge office.

Water Aerobics
Monday 10 am, Wednesday 2 pm

Yoga
Monday 12 pm, Wednesday 3:30 pm
Lodge members free.

Martial Arts
Monday 5 pm

Pickleball
Mon & Wed 9 am-12 pm, Thu 4:30-7:30 pm, Sun 4-7 pm

To sign-up or confirm schedule, join playtimescheduler.com

Improv Night
2nd & 4th Wednesdays, 6-8 pm

Wednesday Night Dinner
5:30 to 7 pm
See above and elks6.net for weekly menu.

Karaoke
Thursday 7 pm
Saturday 7:30pm
Friday Happy Hour
Friday 4-7 pm

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!

Land Park Softball

Softball is back in Land Park and will now be a part of the Land Park Pacific Little League organization. LPPLL has been a pillar in our community since 1954 and is welcoming softball under their umbrella this SPRING!

Early Bird Registration is NOW OPEN!

Visit lppll.com/ registration to register and learn more.

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 about Flashlights://suttersfort.org/event/flashlights-friends/

The special events and activations support the non-profit 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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Land Park News

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Military Spouses Also ‘Volunteer’

This Veteran’s Day I’d like to challenge you to spread your thanks-for-serving sentiment toward the spouse of a veteran.

That’s because each year, I can’t help but think of the day in 2008 when I brought a documentary home for my wife, Becky.

My wife doesn’t especially care for documentaries, particularly the news this one brought. “Baghdad ER” is a documentary that HBO.com says “captures the humanity, hardships and heroism of the U.S. military and medical personnel of the 86th Combat Support Hospital ...”

“I want us to watch this movie together,” I said.

There was nothing subtle in my approach. Becky saw that I was carrying some news of my own. Before she could respond, I answered the question I read on her face.

“The Air Force needs a chaplain volunteer for their hospital at Balad Air Base in Iraq. The hospital is specifically requesting a ‘hospital-trained chaplain’ for a four-month deployment.”

I hurried to add: “It’s a Level I trauma center, which does over 1,200 surgical procedures each month. They help everyone — military, civilians and contractors as well as Iraqi soldiers, police, civilians and even detainees.”

She stared into me, stuck on one word: “volunteer.”

The thoughts of the military spouse upon hearing the word “volunteer” aren’t normally as altruistic as those of the military member.

Who could blame her if she suddenly exclaimed, “What makes you think I’m not the volunteer here? I would be volunteering for four months of solo parenting! I’ll be volunteering to be single for four months!”

Instead, Becky simply said, “We’ll watch it after dinner.”

Afterward, we talked about the mutual meaning of the word “volunteer.” We talked about everything from kids to car problems.

We talked about updating our wills. I tried to soothe her with the fact that there hasn’t been a chaplain killed in the line of duty since the Vietnam War.

Not surprisingly, she found that factoid devoid of comfort.

I told her the pay would be great — especially with hazardous duty pay.

Again, I got nowhere, not even when I mentioned the extra \$3.33 per day separation pay.

“Why do you want to do this?” she asked.

Ah, the “why” of a thing.

“If I retired, I wouldn’t have to go.” I said giving a commonly offered solution in the conflict between military members and their spouses.

She wasn’t biting.

“Why?” she repeated.

“Why do you want to go?”

“I want to go because I want to help,” I said, unable to state it more profoundly than that. “They need hospital chaplains. I’m one. I can’t sit here while they declare they need someone. It’s a need I know how to fill.”

After nearly a week of discussion, she said, “You need to go. You need to feel you’ve done your share. I understand.”

It was at that point I composed my e-mail accepting the assignment.

I called her to the computer and let her proofread the e-mail.

Then I asked her to do a difficult thing.

“I want us to share this decision. Would you be willing to press the ‘send’ button?”

Her index finger hovered over the keyboard in hesitation. Then, she clicked “send” with a definitive push.

She did understand.

So this month, I have a favor to ask. As you offer a grateful handshake to a veteran, turn to the spouse and say, “Thanks for your understanding.”

After all, most of them have certainly done more than they ever “volunteered” to do.

This column is an abridged chapter from my book “Hero’s Highway.” Buy all my books, including 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 to 10556 Combie Rd Suite 6643 Auburn, CA 95602. ★

How Military Spouses Can Find Connection and Support

From StatePoint

SACRAMENTO REGION, CA (MPG) - Military spouses sacrifice stable careers and time with loved ones due to constant moves to new duty stations, and hold down the fort at home during their spouses’ deployments. That’s why the USO prioritizes providing community and support to military spouses. Here are some of the ways their programs are making an impact:

Friendship: USO Coffee Connections are monthly gatherings where military spouses can relax, craft, do yoga, swap advice and go on outings. The goal is building friendships among military spouses. When Jenna King’s husband Tech Sgt. Howard King was forward deployed to Poland with less than 24 hours’ notice, she says she found a home away from home at USO Lakenheath in the U.K., which has been hosting Coffee Connections since the war in Ukraine began. Because of the warm welcome and sense of community she found there, she and her children visit the center often. “There’s something for each of us here,” she said. “Being overseas, friends who are like family are the biggest blessing. And you can’t turn down free coffee and snacks!”

Support while solo-parenting: The burden of solo-parenting can become especially apparent during deployments, when military family members must



USO Coffee Connections provide monthly gatherings for military spouses. Photo courtesy of USO Photos

receive. More than 20,000 parents have been served through this program since its 2013 launch, including 1st Lt. Erika Pearson, an active-duty service member in the Air Force. She knew her spouse, 1st Lt. Drew Pearson, could potentially be deployed around her due date. “The USO helped me make friends that I could rely on if my husband were to miss the birth, and offered me resources I could reach out to, if needed,” says 1st Lt. Pearson.

Professional development: Because of frequent relocations, military spouses often have trouble finding their professional footing. That’s where the USO can step in. Connecting service members and military spouses to resources that focus on employment, education, financial readiness, mentorship and veterans benefits, the USO Transition Program helps military families build a roadmap to achieve their goals and positions them for success throughout the duration of their service, as well as in their post-military life.

Support while solo-parenting: The burden of solo-parenting can become especially apparent during deployments, when military family members must

struggle to find a new normal. For Tessa Michaelson Schmidt, connection with her husband Brett, a lieutenant colonel in the U.S. Army Reserve, became complicated when he was deployed to Kuwait where there is an eight-hour time difference, unreliable Wi-Fi on base, and the added pressure of being deployed near the frontlines. Because they and their two children have an incredible passion for reading, the USO Reading Program has been a blessing. Deployed service members can record themselves reading a book to their child. Then, the recording and a copy of the book are sent to that service member’s family.

“They have a real response when they hear his voice, and then we get the books in the mail, and they know they’re books from daddy,” says Schmidt, who explained that her children will often watch the videos of their father just before bed, so that in a way, he is present for story time.

The life of a military spouse is undeniably challenging. By the USO fostering community and providing sources of connection, military spouses can feel supported and empowered. ★

Sacramento County Honors and Serves Our Veterans

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County extends its deepest gratitude and respect to the veterans of this region for their unwavering commitment, courage, and sacrifice in defending our nation. These brave men and women have selflessly dedicated their lives to preserving our freedoms and protecting the values we hold dear.

Sacramento County is proud to be home to more than 84,000 veterans. As this vital segment of our population continues to increase, Sacramento County Veterans Services, part of the Department of Human Assistance, encourages veterans to take advantage of the available benefits and resources that are in place to not only assist veterans but family members and dependents.

Benefits range from disability compensation (due to injuries/illness resulting from service-related activities) to VA Pension, which is monthly financial assistance to low-income, wartime Veterans over the age of 65 and/or those who are “totally disabled.” Surviving spouses may also receive benefits.

We assist local veterans in applying for benefits offered through the U.S. Department of Veterans Affairs, the State of California and local government entities.

Veterans Services is also responsible for administering the College Fee Waiver Program for Veterans’ Dependents. This program is afforded to

spouses, unmarried surviving spouses, and children of service-connected disabled or service related deceased veterans. Eligible dependents are not required to pay “mandatory system wide” tuition and fees while attending either a California community college, a campus of the California State University (Cal State) system, or a campus of the University of California (UC) system. This program not only provides eligible dependents with the incentive but also the opportunity to pursue their goals.

Some of the services we assist with are:

- Service-Connected Disability Compensation Benefits;
- Non-Service-Connected Disability Pension Benefits;
- Dependency Indemnity Compensation (DIC) Benefits;
- Death Pension Benefits;
- Aid & Attendance Entitlement;
- VA Medical Care Eligibility & Access;
- Vocational Rehabilitation Benefits;
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AmeriCorps Force Dispatched



Congressman Ami Bera and AmeriCorps Regional Director Tanya Gipson-Nahman celebrate the induction at AmeriCorps NCCC members at the organization’s Pacific Region campus, McClellan Park.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - One hundred young people last month completed AmeriCorps National Civilian Community Corps training and were inducted into service. They now have begun 10 months of work on far-flung community projects.

“Your journey will be full of challenges,” Predicted AmeriCorps team leader Jeremy Cooper at the induction ceremony in McClellan Park. “You’ll be stepping out of your comfort zones. You can rely on each other. Your team will be your family.”

Recruited from all 50 states, Pacific region members formed 16 teams during a three-week training stint. Each team will work in communities throughout Western United States. Missions will support such efforts as home building, school mentoring,

food closets and disaster recovery.

In Sacramento, a team will work for more than a month on invasive weed management on the American River, in co-operation with children from John Still School, Meadowview.

In exchange for their service, AmeriCorps members receive assistance for educational costs, a living allowance and room and board.

Congressman Ami Bera commended the inductees. “AmeriCorps is an investment in our nation’s young people,” he said of the federally funded program. “The most important classroom is out there. You’ll overcome challenges as teams and come to understand this country’s communities and their diversity.”

“If you can take knowledge you gain from this year into the rest of your life, our world will be a better place.”

Learn about AmeriCorps opportunities at www.AmeriCorps.gov ★



Skating Toward Success: Roller Derby Community Has Bright Future Ahead

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - While speaking with Amanda Dunham and Christina Watts from Sacramento Roller Derby, one theme was consistent throughout the entire conversation – Roller Derby isn’t just a sport – it is a family with so many positives for Sacramento youth and women.

The two skaters, who always go by their derby names LOLz Lemon and Jessamine Killawatts at the rink, are passionate about roller derby in a way that is so contagious it compels the listener to want to strap on some skates and give it a go.

Now, Sacramento Roller Derby is gliding towards a new era of excellence – rebuilding its teams post-COVID, and looking forward to their future home facility.

Sacramento Roller Derby was founded in 2018 as the result of two different leagues merging after skating as separate entities for over ten years. The leagues realized that they were better together both functionally and financially, and united to form the current team. The current league welcomes over 100 participants, of which approximately 50 are adults and the rest children and various officials including referees.

The group currently uses the Andy Morin Sports Complex in Folsom for their practices, but there are big dreams ahead.

“We have a facility in downtown Sacramento that we are working on,” says Dunham. “We purchased it with a donation someone made to us.”

That donation was no



Sacramento Roller Derby’s junior program begins at age 8. Photo by Bob White

small gift – the donor, who wishes to remain anonymous, gifted the group up to \$2 million to build their facility. The excitement and relief of finding a permanent home was evident from both women.

“It’s been a struggle – Sacramento doesn’t have a lot of affordable facilities. The landscape of Sacramento has changed – the town is so much larger and venues we have rented in the past have quadrupled their prices,” said Dunham.

The new rink will be located near the Blue Diamond almond factory.

Both the generous donation and influx of new participants post-COVID are two examples of how the Sacramento community is embracing a sport that once had a reputation in popular media for being aggressive and less than ladylike. Today, roller derby carries a reputation of strength, togetherness, and courage for many.

Watts, who is a board member for the team, recently lost her husband and found support within the derby community.

“The whole derby community helped me to find a new normalcy,” says Watts. “Everybody has been really

positive and will check up on me. Everybody in the community binds together to help people in a time of need.”

Dunham seconds the fact that roller derby isn’t just about the game. “That’s the most rewarding thing – the growth and the community that supports that growth. A lot of people come to roller derby during a hard time in life. They know the community of roller derby will be there.”

Sacramento Roller Derby has no paid employees and finances are always a challenge. A lot of the players within the league are also the ones running the entire show.

“There are challenges on and off the track when you play roller derby,” explains Dunham. “We have both the typical athlete struggles plus business struggles. Most recreational sports don’t have both. For us, it’s really serious – it is comparable to minor league sports. But there’s the added pressure of running it. Most sports have administrative oversight – that’s not us. We are off the track running the game and then we put on our skates and play the game. You’re always doing two things at the same time.”



Roller derby players become family at Sacramento Roller Derby games and practices. Photo by Liz Marchiondo

But is it worth it? Dunham absolutely believes it is.

“It makes you grow in ways you never thought you could. In myself I’ve grown a lot in confidence.”

She also mentions that derby skaters not only grow in what their bodies are capable of, but also personally and professionally. Confidence found in roller derby can lead to the courage for everything from pursuing job promotions to leaving harmful relationships.

Also notable is Sacramento Roller Derby’s junior program. Children as young as eight years old can join the team.

“The kids find their own way there,” says Dunham when asked how they recruit children to the program. Current league kids share with friends via word-of-mouth, and the league’s numbers have also benefited

from a popular graphic novel featuring a roller derby girl.

However, the junior program is hardly new. “We’ve had a juniors program for as long as Sac Roller Derby has been around.”

Safety comes first, and just like the adults, junior skaters wear helmets, mouth guards and pads. And they aren’t afraid to completely wipe out and try again.

“The kids are super resilient and dedicated,” says Dunham. “They are just like Gumby and fall in weird ways that make my heart stop and then get up and skate away.”

“They are all amazing,” adds Watts. “They are always striving to do better.”

Perhaps that’s the true magic of roller derby. Beyond the sport itself, skaters are inspired to do better both on and off the rink.

Those who would like to

watch a game can head out to the Andy Morin Sports Complex on December 2 for the Red Red Tournament – a chance to see not only Sacramento Roller Derby but other leagues play on mixed teams. Or, take things a step further and consider trying out for the league next spring. Anyone can try out, and skating experience isn’t necessary. The tryouts include everything from skating lessons to teaching the rules of the game. The junior program is for boys and girls aged eight through seniors in high school. Females aged 18+ make up the main league.

Sacramento Roller Derby is located at the Andy Morin Sports Complex on 66 Clarksville Rd, Folsom, Calif.

For more information call (916) 461 6650 or visit sacramentorollerderby.com. ★

2022 Crop and Livestock Report Released



Wine grapes were once again the leading cash crop in Sacramento County. Photo Courtesy of PixaBay

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - During her presentation of the 2022 Sacramento County Crop and Livestock Report at the Nov. 7 Board of Supervisors Meeting, Agriculture Commissioner, Chris Flores reported that the gross production value of all agricultural commodities in Sacramento County was more than \$602 million, up 5% from \$568 million in 2021!

Even with an 8% decrease from 2021, wine grapes were once again the leading cash crop in Sacramento County, with a value of more than \$188 million, or more than 31% of the total gross value of all crops. More than 38,330 acres of wine

grapes were harvested in Sacramento County in 2022.

Market milk held on to the number two spot with a total value of more than \$91 million, while pears kept the number three spot with more than \$56 million.

“Agriculture continues to be a significant contributor to the local economy and plays a crucial role in preserving the region’s rural character,” said Flores. “The County’s diverse agricultural landscape includes farms, ranches, orchards, and vineyards and produces crops such as rice, tomatoes, pears, and grapes, as well as dairy and livestock commodities.”

Top 10 Agricultural Commodities in 2022: 1. Wine grapes: \$188,815,000; 2. Market

milk: \$91,344,000; 3. Pears: \$56,313,000; 4. Poultry: \$32,527,000; 5. Aquaculture (bass, carp, catfish, crayfish, sturgeon and caviar): \$32,427,000; 6. Corn silage: \$24,239,000; 7. Nursery Stock (ornamental trees and plants, Christmas trees and sod): \$22,802,000; 8. Hay/Alfalfa: \$22,486,000; 9. Cattle and calves: \$16,747,000; 10. Rice: \$14,793,000.

The 2022 Sacramento County Crop and Livestock Report presents highlights the Board of Supervisors. The Board actively supports and promotes sustainable agricultural practices, to ensure the long-term viability of farming and the preservation of the County’s rich agricultural heritage. ★

Robert W. Heidt, Jr. Hired as President & CEO of Sac Metro Chamber of Commerce

Sacramento Metro Chamber of Commerce Press Release

SACRAMENTO, CA (MPG) - The Sacramento Metro Chamber of Commerce announced today that Robert W. Heidt, Jr. will serve as the next President & Chief Executive Officer of the organization. He will take the position in early January 2024. Heidt currently serves as the President & Chief Executive Officer of the Glendale (Arizona) Chamber of Commerce. Heidt replaces Amanda Blackwood who announced her departure from the Chamber earlier this year, after serving as the Chamber's CEO for nearly six years.

Darrell Teat, President & CEO of Safety Center, and Chair of the Chamber's board of directors chaired the Chamber's eight-member Search Committee that worked with Waverly Partners, a national executive search firm, to conduct a search that included candidates from the local, statewide, and national marketplace. In the announcement, Teat said "We are fortunate to have a talented and respected leader such as Robert assume the role of President & CEO of the Sacramento Metro Chamber. Robert's track record of enhancing organizational culture, developing genuine community relationships, and designing services that add value to our membership will certainly create significant momentum for the Chamber as soon as he arrives in Sacramento at the start of the new year. We are certain Robert will seamlessly integrate into the region and quickly carry forth the



Robert W. Heidt, Jr. Photo Courtesy of Sac Metro Chamber of Commerce

advocacy our business community needs during this critical time. I would like to thank the Chamber Staff, Board of Directors and Dave Roughton (Interim CEO) for their leadership and focus on serving our members throughout the transition."

"I am very grateful for the opportunity to serve the Sacramento Metro Chamber and community," said Heidt. "Leading a team of resolute professionals as we forge the next chapter in the Chamber's history is an honor. The Chamber has successfully served the Sacramento Metro region for decades, I recognize this success and will work diligently to cultivate this tradition. I look forward to engaging community partners as we work on opportunities and champion accomplishments, and equally important, I am thrilled to call Sacramento home."

Heidt currently leads the Glendale, Arizona Chamber, an organization comprised of more than 1,400 members in a community of over 250,000 located within the Phoenix Metropolitan Area of 4.6 million. As the Chamber's CEO, Heidt works with a 20-member Board of Directors, 10 staff and manages a \$1.1+ million

budget. He is responsible for all strategic and operational activities of the Chamber, which is the largest business organization in the West Valley and fourth largest chamber in the State of Arizona. The Glendale Chamber is a key partner to pivotal organizations throughout the region who have continued to lead economic development within the West Valley.

Heidt is an active board member of the Association of Chamber of Commerce Executives, where he serves as Chair of ACCE's Fringe Benefits and Insurance Board and is a member of the Leadership Diversity Program. He is also a member and past Board member of the Western Association of Chamber Executives and is currently Chair of the West Valley Chambers of Commerce Alliance.

Before joining the Glendale Chamber in 2013, Heidt was Chief Executive Officer of the Cape Ann Chamber in Gloucester, MA and earlier was Chief Operating Officer/SVP of the Austin (TX) Chamber and Director of Member Services & Community Relations for the Las Vegas (NV) Chamber. After serving in the U.S. Air Force, Heidt held several positions in casino marketing in Las Vegas before beginning his chamber career.

Heidt received an undergraduate degree from Minot State University and is a graduate of the Western Association of Chamber Executives Academy program.

For more information about the Sacramento Metropolitan Chamber of Commerce, please visit www.metrochamber.org. ★

Realtors, Salvation Army Partner to Construct ‘CanTree’

The Sacramento Association of REALTORS® Press Release

SACRAMENTO, CA (MPG) - The Sacramento Association of REALTORS® (SAR) is proud to announce the 40th anniversary of their CanTree fundraising efforts. Funds raised throughout the year will once again benefit the local chapter of the Salvation Army – Sacramento Metro. The towering "CanTree" itself is constructed out of actual canned food and will be on display at Capital City Honda through the holiday season. The canned food will then be distributed to feed those in need after it is disassembled. Please join us at this CanTree build, where



SAR Volunteers will construct this 15+ foot tall monument to serving to Sacramento Community: Monday, November 20th 9:00 – 11:00am Capital City Honda (3630 Fulton Ave, Sacramento, CA 95821) About SAR: The Sacramento Association of REALTORS® is a professional trade association representing over 7,700 real estate professionals and preferred partners doing business in the greater Sacramento metropolitan area. SAR was originally founded in



1908 with about 50 original Members. The trademarked term "REALTOR®" is exclusive to real estate agents who are Members of a REALTOR® Association and identifies their professionalism and adherence to a business Code of Ethics. ★



2022 CanTree Build at Capital City Honda. Photo Courtesy of The Sacramento Association of REALTORS®

School Receives Grant for Tech Learning

Consolidated Communications News Release

SACRAMENTO, CA (MPG) - Sacramento Country Day School was recently awarded a \$5,000 grant to support its program to create a more efficient and automated vehicle from Consolidated Communication's Consolidated Connects Educational Grant Program. The program directs support to K-12 schools within the company's service area in support of innovative, technology-focused learning programs that advance creative student learning, develop 21st century skills and promote critical thinking. Grant funding will support the school's effort to bridge a gap between the physical skills, and the technology and innovation that is taught in multiple classes. Incorporating the subjects of Computer Science, Advanced Topics in Science, and Robotics and Engineering, students at Sacramento Day Country School will seek to create a more efficient and automated vehicle. "We are excited to expand our engineering opportunities through the support of Consolidated Communications, aligning with our commitment to shaping future leaders," shared Lee Thomsen, head of school for Sacramento Country Day School. This program will expand student's classroom knowledge of automation and physics, applying this knowledge on a larger scale. Students currently apply these principles to robotics kits successfully, using sensors to help the robot



Sacramento Country Day School leadership and Consolidated Communications representatives, including (from the left) head of school Lee Thomsen and Eric Mauack with Consolidated Communications, Michael Unti, director of technology (holding check) and Curtis Barkve (far right) with Consolidated Communications celebrate the donation with students on November 8, 2023. Photo courtesy of Consolidated Communications

navigate its environment. Using a go-kart frame, students will use data science to improve performance, and power tools to upgrade and improve the vehicle. This includes tracking performance with sensors, seeking to improve rotation, efficiency and safety, as well as decrease wind resistance. "Consolidated Communications is proud to support such an enriching program for local students at Sacramento Country Day School to gain hands-on skills and real-world experiences," said Ron Fischer, senior director of operations for Consolidated. "Just as we invest in our local broadband networks, our Consolidated Connects Educational Grant Program is another investment in the youth in our communities. We are committed to making our communities stronger through support of education programs like this, which help students learn, grow and thrive." Sacramento Country Day School is dedicated to

inspiring intellectual discovery and engaging a diverse community to think critically, live creatively, and act compassionately. Small class sizes and a dynamic learning environment offer our students opportunities to discover and joyfully pursue their unique strengths. Consolidated Communications Holdings, Inc. (NASDAQ: CNSL) is dedicated to moving people, businesses and communities forward by delivering the most reliable fiber communications solutions. Consumers, businesses and wireless and wireline carriers depend on Consolidated for a wide range of high-speed internet, data, phone, security, cloud and wholesale carrier solutions. With a network spanning more than 57,500 fiber route miles, Consolidated is a top 10 U.S. fiber provider, turning technology into solutions that are backed by exceptional customer support. Learn more at consolidated.com. Connect with us on social media. ★

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