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## Fairytale Town's New Story



Executive Director Kevin Smith-Fagan.

**Story and photos  
by Kristina Rogers**

**SACRAMENTO, CA (MPG)** - Long-time Land Park residents could have heart-felt memories about their moments at Fairytale Town. But if they haven't stepped in for some time, the changes could be surprising. Much can be attributed to the diligence of Kevin Smith-Fagan, executive director, in regards to the shiny new look.

Upgrades have moved along quickly since he took the helm in January 2020. For instance, the Story Center opened in November 2022. It's a cottage-style building with a thatched roof that seamlessly complements the rest of the site. This could be because Otto Construction, which originally developed the site in 1959, built it. Next is the new welcome center, which Smith-Fagan says will be

a transformative entryway into the park. Modern ticket windows will streamline entry along with new public restrooms nearby. For the first time, staff will have a professional office space. A gift shop will offer an array of Fairytale Town souvenirs, such as magnets, books, water bottles, and toys. And Smith-Fagan notes, "It's not a Fairytale Town gift shop if it doesn't have a Humpty  
*Continued on Page 3*

Sylvester Fadal. Courtesy photo

## County Appoints Deputy Executive

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Sylvester Fadal is the new Sacramento County deputy county executive for Administrative Services. The Sacramento County Board of Supervisors approved Fadal's appointment on Feb. 27 and he started the new role on March 3. "The county conducted a nationwide executive search for the deputy county executive for Administrative Services, and I'm pleased to say we found the best and most qualified candidate within our own ranks," said County Executive David Villanueva. "Dr. Fadal has more than 26 years of public sector human resources management and executive experience that encompasses strategic planning, budget management, process optimization and construction and capital improvements." Fadal's extensive experience includes overseeing human resources, technology, procurement, contracts and materials management for major construction projects. His previous responsibilities include ensuring contract compliance, adherence to DBE/SBE requirements, implementing PLAs, and managing bus/rail maintenance training and warehouse facilities. Fadal was the Personnel Services director for Sacramento County in 2021 and became the General Services interim director in October 2023. Before joining the county, Fadal held  
*Continued on Page 10*

## Hidden Gems Await on Delta Trip



Main Street in Locke is inviting to visitors.

**Story and photos  
by Dannah Nielsen,  
travel writer**

**DELTA REGION, CA (MPG)** - The California Delta: home to many school geography lessons you

vaguely remember, and if at any point you took a casual drive through the region, you might think California as a whole vaguely remembers the Delta. There are no fancy main streets, no fabulous

exclusive neighborhoods, no prime retail experiences that Californians have come to expect. To put it bluntly: the Delta doesn't care to dazzle any tourist, and for the overstimulated, distracted locals that we

are, this suddenly sounds mighty nice. The Delta is sleepy? Meandering? Humble? Indifferent? Count us in. We've driven from Sacramento to Antioch on  
*Continued on Page 9*

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# MathAlive! - Where Mathematics Meets Imagination

Story and photo by Elise Spleiss

**SACRAMENTO REGION, CA (MPG)** - “2THEXTREME! MathAlive!,” the newest exhibit at the Aerospace Museum of California at McClellan Park, has 40 unique interactive exhibits to inspire students and their families to discover the world of Science, Technology, Engineering and Math (STEM). The exhibit runs through May 31. Museum hours are from 9 a.m. to 4 p.m. Thursdays through Sundays.

In a world where mathematics is often relegated to the realm of classroom tedium, the MathAlive! exhibition emerges as a vibrant testament to the beauty ever present and the sheer fun of math. This large-scale, interactive showcase is a journey through the mathematical bedrock of our everyday lives, designed to captivate families and students alike. With an emphasis on engagement and hands-on learning, MathAlive! proves that math is not just about numbers and

equations—it's a key to unlocking a world of possibilities.

Math is everywhere. From the way we play to the technology we use, math serves as a foundational building block, shaping our experiences and innovations. The exhibit highlights this concept, ensuring visitors leave with a newfound appreciation for the math that surrounds us, often hidden in plain sight.

By discovering math in unexpected places, the exhibit ventures into the realms of sports, music, fashion and entertainment, revealing the surprising ways in which mathematical principles are essential to creativity and artistry. At the heart of MathAlive! are its interactive exhibits.

Extreme Sports: Visitors can design and test virtual snowboards, exploring the geometry that influences their performance, or experience the thrill of a snowboarding simulator, embodying the physics of snow sports.

Fashion and Design: Here, the fusion of geometry and creativity takes center stage. Participants

can play with geometric patterns, delve into fabric design and see their ideas come to life in 3D garment models.

The Science Behind Video Games: Offering insights into the mathematical backbone of game design, this area allows attendees to peek behind the curtain of video game programming and coding, offering the chance to create a simple video game.

Robotics: By programming miniature Mars rovers, visitors engage directly with principles of navigation and engineering, confronting the complexities of robotic exploration.

The Mathematics of Architecture: This exhibit sheds light on the math behind iconic skyscrapers and gives visitors the opportunity to design their architectural marvels applying mathematical principles.

MathAlive!'s overarching mission is multifaceted: spark a lifelong interest in math, build confidence in math's accessibility, promote Science, Technology, Engineering and Math (STEM) careers,

and revolutionize how visitors perceive mathematics. By transforming math from a dreaded school subject into a fascinating tool for exploration and innovation, MathAlive! aims to inspire the next generation of scientists, engineers, and mathematicians.

MathAlive! places a spotlight on a profound truth: mathematics permeates every facet of our lives. Whether in our leisure activities or the technology that powers our world, mathematics acts as an essential cornerstone, molding our experiences and driving innovation. The exhibition adeptly showcases this concept, ensuring visitors depart with an enhanced appreciation for the mathematics that envelops us, often concealed within the mundane.

So, whether you're a devout mathematician, an inquisitive learner or someone who always kept math at arm's length, MathAlive! invites you on an adventure that promises to alter your perception of mathematics forever.

The Aerospace Museum of California is at 3200 Freedom Park Drive,



Math meets melody in this Math Alive! Exhibit where robotics and instruments unite to compose a symphony of STEM harmony.

McClellan. For ticket prices, tours, education department and other information call 916-643-3192.

The Aerospace Museum of California is a Smithsonian Affiliate. ★

## Air District Releases Climate Priorities Plan

Sacramento Metro Air District News Release

**SACRAMENTO, CA (MPG)** - The Sacramento Metropolitan Air Quality Management District (Air District), on behalf of the seven-county Sacramento region, has submitted its Capital Region Climate

Priorities Plan (Plan) under the U.S. Environmental Protection Agency's Climate Pollution Reduction Grants (CPRG) program. The Plan, which required unprecedented cooperation and collaboration among 29 local and regional partners led by the Air District,

outlines 24 climate measures that would create substantial greenhouse gas emission reductions and myriad co-benefits, including advancing equity and opportunities in the clean energy transition.

"The Sac Metro Air District continues to prioritize collaboration,"

says Sacramento County Supervisor and Air District Board Chair Patrick Kennedy. "This CPRG effort is one example of how to activate the region effectively and proactively for new funding opportunities for climate action in the greater Sacramento Valley."

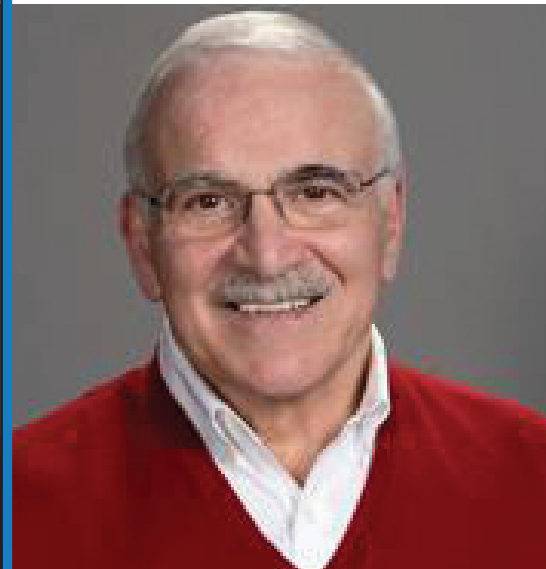
The Air District led the climate planning process, which guarantees the region's opportunity to compete for future CPRG implementation grants that could bring millions of dollars in funding over the next six years for projects identified in the Plan. The Air District intends

to submit the region's application for phase two implementation funding by April 1. Phase two grant awards will be announced by July 1.



The newly released Air District's Capital Region Climate Priorities Plan is available at [www.AirQuality.org/CPRG](http://www.AirQuality.org/CPRG). ★


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# Fairytale Town’s New Story



The new welcome center is almost complete.

Continued from Page 1  
Dumpty plush!"

Speaking of the Fairytale Town mascot, the entrance is also experiencing a remodel. Everyone is reassured the iconic stone entrance is not going anywhere. Humpty has been on his perch, welcoming guests for six decades, and will remain there. Of course, it will no longer be the main entrance but a secondary entry for little ones (and brave adults).

While managing the master plan expansion, the executive director has also ensured fresh paint and that fix-it projects have improved older amenities, like the Crooked Mile and Dish & Spoon Café. But Kevin Smith-Fagan isn't finished dreaming: "What comes next is very important. The Sacramento community is different from when it opened 65 years ago. Most current playsets are originals drawn from the European area, which is great. Still, every child who comes to Fairytale Town should see themselves represented there." He continued, "We want to add new playsets representing folktales from parts of the world we don't have now. I envision adding



Guests get treats from the Dish & Spoon Café.

amenities from countries like China, Mexico, and South America." None of this work could be done without the collaboration between Smith-Fagan and a proactive board of directors. Fairytale Town isn't privately-owned, but a non-profit. The city stopped managing its operations in 1997. Although it is located in William Land

Regional Park, Fairytale Town does not receive City or Measure U funds. The board works hard to ensure ticket prices remain low to keep it as accessible as possible for all families. But this means robust fundraising is key. Monies from auctions, memberships, donations, grants, and sponsorships help pay the bills. Regular income from ticket and



One of the three little pigs greets visitors with a happy grunt.



New paint has upgraded the charm of amenities like this soldier trash can.

concessions sales are also reinvested into the site. The annual online auction in March has just been completed, and the yearly Brewfest is slated for August 24th. Every penny counts when covering costs for staff, maintenance, and, of course, the animals. Fairytale Town is a long-time community partner providing educational experiences for schoolchildren. Smith-Fagan said, "We have several barnyard

animals like goats, sheep and pigs. We also have reptiles and insects." The animal staff are educators who do around 100 classroom visits each year at local elementary schools bringing a menagerie of creatures with them. Scout troops also experience overnight campout events on-site. They earn badges, set up campsites, play games, and roast marshmallows. The premises are entirely secure

during these events, allowing kids to explore the park safely. The summer day camp programs are very popular, too. Parents start calling in January to secure a spot for their child. August 29th will be Fairytale Town's 65th anniversary. The park is looking to combine a celebration with the Brewfest event. Smith-Fagan is excited about finalizing plans: "This is a big milestone for us. There's something about this experience that really sticks with kids," And adults, too. Smith-Fagan remembers taking his own children to the site. His family moved to Land Park in 2003 when their youngest was four. Now he sees his grown children's friends bring their own kids. So, the current executive director understands how remarkable the Fairytale Town experience is. "We love making treasured life-long memories. It's astonishing how vivid people's memories are. I remember talking to a guy who was here on opening day in 1959. He told me he remembers everything about that moment." And new pages in the ever-growing scrapbook of family memories of Fairytale Town just keep being added. ★

## No on Measure C Campaign Celebrates Victory

**California Medical Association News Release**  
**SACRAMENTO, CA (MPG)** - The No on Measure C campaign is celebrating a significant victory in defeating Measure C, which sought to raise taxes on small businesses in Sacramento, including physician, dental, psychology and other health care practices. This success comes after a targeted, last-minute campaign that involved

over 168,000 phone calls, 94,000 texts and several direct mail pieces to voters in Sacramento, urging them to vote against the measure. The coalition that formed the No on Measure C campaign included the California Medical Association (CMA), Sierra Sacramento Valley Medical Society (SSVMS), California Dental Association, the Sacramento District Dental Society, and The Doctors Company.

This coalition effort was necessary due to the failure of the Sacramento City Council to provide proper notification, which prevented any statements of opposition from appearing in the local voter guide. "I am proud of our swift action to safeguard physician practices and small businesses," stated Tanya W. Spiertos, M.D., president of CMA. "The defeat of Measure C not only protects physician practices in Sacramento but also

sends a clear message that local governments should engage with the local medical community and refrain from attempting to impose unfair tax increases that would be detrimental to access to health care for patients in the community." "We are grateful for the outcome of the election as it will protect physician practices and ensure access to quality health care for all," said SSVMS president Vanessa Walker, D.O. "Physician practices

are integral to our communities, and we thank the voters of Sacramento for recognizing their importance." "Our coalition came together to ensure that voters were aware of what Measure C would do, and we are thankful to voters for the outcome. This victory was critical to protecting access to essential dental care for our community," said Dr. Carliza Marcos, president of the California Dental Association.

"As health care professionals dedicated to the Sacramento community, we are grateful to the voters for recognizing the rushed and ill-considered process behind Measure C. We are relieved that voters chose to reject Measure C. This outcome underscores the importance of thoughtful consideration and transparency in decision-making," said Ash Vasanthan, D.D.S., M.S., president of the Sacramento District Dental Society. ★



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# What Are They to Do?

## *Sacramento gave a homeless camp a lease as an experiment*

By Marisa Kendall  
CALMatters.org

When Sacramento changed its plan to demolish a homeless encampment on a vacant lot on Colfax Street, instead offering the homeless occupants a lease, activists and camp residents celebrated it as a win.

The first-of-its-kind deal, which allows the camp to remain in place and govern itself without city interference, was held up as a model Sacramento could replicate at future sites. Other cities, including San Jose, have said they’re considering similar models, putting the success or failure of this encampment under the microscope.

A year later, Sacramento has not managed to reproduce the concept and has no plans to. Residents of the camp, who lack electricity or running water, complain they feel forgotten. And the county district attorney, claiming the site threatens public safety, has demanded the city clear the camp or risk prosecution.

Those troubles highlight the logistical and ethical dilemmas that come with setting aside outdoor spaces for homeless residents to go when there aren’t enough beds indoors. And it comes at a time when officials across the state increasingly are turning to this last-ditch solution as they face mounting pressure to clear encampments away from sidewalks, parks, schools and other high-traffic public areas.

“The fact that people have a place where they can legally exist and not be threatened with arrest, not be run off and have to lose their belongings, where they can go to the bathroom with dignity, where there’s trash pickup so they don’t have to live in a place where there’s trash all over, where service providers can find them regularly and they aren’t going to lose contact with people as they work their way to housing — those are all good things,” said Eric Tars, senior policy director of the National Homelessness Law Center. “But it would be even better if they were doing them indoors.”

**They Got A Lease, And They Make Their Own Rules**

Camp Resolution, as the Sacramento camp is known, was started in 2022 by Sharon and Joyce Jones — a married couple in their 50s who found themselves homeless for the first time late in life. More than four-dozen people now live there, some in new-looking Bullet trailers provided by the city, and others in cars, tents and more dilapidated trailers and RVs.

Some residents have taken pains to make it more homey: Two potted plants hang from the hitch of one trailer, chickens roam the lot, and Sharon and Joyce are putting in a garden, using pallets to make raised planter beds.

“We try to make it as comfortable as possible,” Joyce said, “but sometimes it’s impossible.”

Shortly after Joyce and her community occupied the city-owned, formerly vacant lot in 2022, city workers determined the camp was unsafe and needed to be demolished — as often happens in Sacramento and throughout California. But that’s where the story takes an unusual turn. Residents of the camp, and their supporters, showed up in force to a city council meeting and persuaded council members to delay the sweep. About six months later, the city signed a lease allowing the camp to remain in place.

The lease, which advocacy group Safe Ground Sacramento signed on behalf of the Camp Resolution residents, was an experiment. Generally, similar programs are run by nonprofits contracted by a city. They often impose curfews, no-guest policies, sobriety requirements and other rules on residents. In exchange, they offer social services such as counseling or help finding permanent housing, and amenities such as showers and bathrooms.

“They don’t think people experiencing homelessness are capable of governing themselves,” Tars said.

Camp Resolution is different.



Joyce and Sharon Jones poke holes in a water bottle to water their garden next to their trailer at Camp Resolution on Feb. 28, 2024. The camp has no running water, so residents must rely on bottled water for all their needs. Photo by Fred Greaves for CalMatters



Jeanne Gillis cooks ground turkey over a wood fire beside her trailer at Camp Resolution on Feb. 28, 2024. Residents must rely on bottled water, generators, and wood fires because no utilities are provided at the camp. Photo by Fred Greaves for CalMatters

Safe Ground Sacramento, which leases the property from the city for free, takes a hands-off approach that lets residents run the camp and write their own rules. The city gave the residents a handful of residential trailers, set up portable toilets and a hand-washing station, and provided dumpsters and ongoing trash pickup. But that’s it.

Many activist groups laud that model as a best practice, saying it’s important to let the residents run, or at least help run, their own camp.

“When individuals in these encampments have a sense of ownership, then it can really lead to the camp being a place that they take pride in and that they are trying to keep in as good condition as possible,” Tars said. “It gives a sense of responsibility to others in that community.”

It also means minimal overhead for the city: The trailers provided to Camp Resolution residents came from the Federal Emergency Management Agency at no cost to the city of Sacramento, and adding the camp to the city’s existing contract for trash pickup didn’t add any additional expense.

But in the case of Camp Resolution, it also means residents are left to fend for themselves. The city doesn’t provide electricity or running water. Community members donate food, some residents have generators, and a nonprofit used to bring a trailer with showers every other Sunday — but they recently stopped.

“It’s not going very well,” Joyce said. “I think that (the city) should do a little bit more.”

The Camp Resolution lease says the city would provide up to 33 trailers. Residents ended up receiving just 16. But 51 people live at the camp, meaning some people sleep in tents, in their cars or in dilapidated trailers and RVs that leak in the rain and have sprouted mold.

The city wouldn’t comment on the trailers — or anything else — citing a pending threat of prosecution from the county District Attorney’s Office. City officials recently sent 40 trailers to a new safe sleeping site they opened on Roseville Road, which also has



Jeanne Gillis uses tubs to wash dishes next to her trailer at Camp Resolution on Feb 28, 2024. Photo by Fred Greaves for CalMatters

plumbed toilets and showers.

Several of the Camp Resolution residents are elderly, and some have serious medical issues that make living without reliable power and water difficult. One woman, who recently turned 60, is on dialysis and gets around on an electric mobility scooter that she leaves parked outside her trailer.

Most of the residents are women, some of whom wouldn’t feel safe on the streets by themselves. Jeanne Gillis, 53, was cooking ground turkey over an open flame outside her trailer on a recent Wednesday. Gillis, who used to work as a medical patients’ advocate, lost her housing two years ago when she got sick with lupus and could no longer work. She’d never been homeless before and didn’t know what to do — so Sharon and Joyce took her under their wing. Now she’s part of their tight-knit community.

“Thank God for everybody. Because it’s hard,” she said, tearing up. “I don’t think I’d be here if it wasn’t for everybody.”

**Camp Resolution Faces Legal Threat**

Camp Resolution also faces an outside threat — Sacramento County District Attorney Thien Ho has demanded that the city close the camp. His office sent a letter to the city and Safe Ground Sacramento in November labeling the site a public health hazard. The site is contaminated by toxic chemicals left over from when it was used as a vehicle maintenance yard

and held underground storage tanks for diesel and gasoline, he said. It’s not safe to camp on the contaminated soil, according to his letter. But only half of the site is paved, while the other half is bare dirt — and people live on both sides.

Ho’s office did not set a specific deadline for the city to clear the encampment, leaving it unclear exactly what, if anything, will come of his threat.

When asked about Ho’s next steps, Sonia Martinez Satchell, a spokesperson for the District Attorney’s Office, indicated prosecution is still on the table.

“To date, the City has failed to move the unhoused off this toxic

has agreed to take up the case and will hear arguments next month. But for now, cities’ hands remain largely tied if they lack enough shelter beds.

Safe sleeping sites take many different forms — and have a range of price tags. In August, after the city stalled in its attempts to open safe sleeping sites, Sacramento City Manager Howard Chan single-handedly tried to identify locations for the projects. He initially said Camp Resolution could be a model for future sites — because it cost the city so little to run, it would allow the city to open more sites than if they used more expensive models.

Instead, the city in January launched its next safe sleeping site, on Roseville Road, with more services, more oversight and a greater cost — \$3.2 million per year. The site has 60 rudimentary tiny homes and 40 trailers and is governed by a nonprofit contracted through the city.

But, due to an anticipated budget shortfall for the coming fiscal year, the city has no plans to launch additional safe sleeping sites, Swanson said. At a committee meeting last month, city staff predicted that by next year, the city’s budget for homeless services would be short \$11 million. By the 2025-26 fiscal year, they expected to be short nearly \$39 million.

**Life At Camp Resolution**

There are about 800 people on the waitlist to get into Camp Resolution, according to Sharon and Joyce. Only six people from the camp have moved out and into permanent housing, they said. Just on the other side of the gate that separates Camp Resolution from the rest of the world, a group of people live in a cluster of cars parked haphazardly on the side of the road. Across the street, someone has erected a makeshift shack. RVs that serve as stand-in homes line the road.

Inside the gate, Sharon and Joyce tend to have the ultimate say in what goes, though there’s also a council that meets on Thursday evenings to discuss camp issues. Things don’t always go smoothly.

Last year a neighbor’s dogs attacked Sharon and sent her to the hospital with multiple bite injuries. That led to new rules at the camp about pets. But Sharon and Joyce say it’s hard to actually enforce the rules they impose.

“We need more structure,” Sharon said.

As they showed off the different parts of their community, Sharon and Joyce expressed disapproval of a trash pile in the middle of the camp.

“That can go in the trash can,” Joyce said. It didn’t take long. A few minutes later, residents could be seen picking up the garbage and carrying it to a nearby dumpster.

*CalMatters Capitol reporter Jeanne Kuang contributed to this story.* ★







# Support Girl Scouts Through Cookie Share Program Today!

## Girl Scouts Heart of Central California News Release

**SACRAMENTO, CA (MPG)** - Did you know that even if you've already stocked up on your favorite Girl Scout Cookies, you can still spread joy and support local Girl Scouts through Cookie Share, a Girl Scout community service project?

Girl Scouts Heart of Central California (GSHCC) is excited to invite you to participate in this meaningful initiative, which offers opportunities to donate cookies and make a significant difference in the lives of young girls in the community.

Cookie Share allows girls to offer virtual "Cookie Share" cookies that are distributed to the nation's soldiers, local

food banks and other charitable organizations. This unique approach spreads cheer through delicious treats and also shows gratitude and support for those who serve local communities and the country.

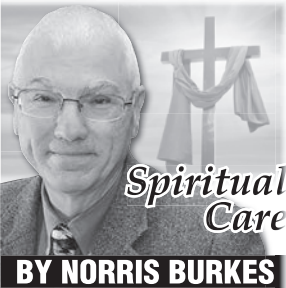
"Even if you've already indulged in your favorite Girl Scout Cookies, you can still make a difference in the lives of local girls," said Girl Scouts Heart of Central California Chief Executive Officer, Dr. Linda E. Farley. "Through Cookie Share, we offer a unique opportunity to show gratitude to those who support our communities, all while uplifting young girls. Join us in making a lasting difference and empowering the next generation of female leaders."

Cookie Share proceeds remain within the local community and are

dedicated to funding a variety of enriching activities and experiences for girls throughout the year. These include field trips, community projects and outdoor adventures. Moreover, the Girl Scout Cookie Program is one among numerous programs offered throughout the year, all designed to expand the horizons of Girl Scouts, impart vital life skills, and equip them for future leadership roles.

If you're interested in learning more about Girl Scouts Heart of Central California and how you can get involved, visit [www.girlscouthcc.org](http://www.girlscouthcc.org). ★

**Girl Scouts gain valuable life skills selling cookies, including money management, team building, public speaking and decision-making.** Photo courtesy of Girl Scouts of Northern California



# The ABCs of Prayer Are Elementary

There have been times that I've been found napping in my office.

My chaplain response to that is, "No, I'm not napping. This is my prayer time."

That's because in reality, I may be doing both – napping and praying.

I call this time my "ABC prayer nap."

The meditative technique follows the Jewish tradition of acrostic prayers where each line of the prayer starts with a consecutive letter of the alphabet. It's a bit like playing Theological Scrabble.

I have three prayers I can choose from (limit, one per nap.) Each prayer begins with one of these three introductory phrases.

1. God, help me to be ...
2. God, thank you for ...
3. God, forgive me for being ...

As I ease back in my office recliner, I choose one of those opening phrases followed by a request that starts the alphabet. For instance, the first phrase might begin, "God, help me to be Assuring. Followed by, "God, help me to be a Benefit to others.

The second ABC prayer follows the advice of an old hymn: "Count your blessings, name them one by one. Count your many blessings, see what God has done."

These are prayers in which I thank God for my Children or something intangible like my Dreams. Each letter stands for whatever word floats into my

mind that inspires an "attitude of gratitude."

My first and second prayer formats are meant to be inward and restorative. I try to do one prayer phrase per breath, so they bring sleep quickly.

However, the third prayer, "God forgive me for being ..." goes deeper, helping me face my own inadequacies.

During one recent nap, I voiced this prayer fairly quickly until I got to three letters not commonly used – I, J and K.

The letters had me searching my conscience for what I needed to ask. I remembered my wife commenting about the time I spent on the phone away from our family.

"God, forgive me for being Inattentive. Help me to be attentive and remember where you've placed me in the moment."

Since I had justified my phone usage as important business, I found it necessary to also ask God to "Forgive my desire to be Justified. I don't like being wrong. I like being right and just – sometimes at the expense of my relationships."

The next letter was much harder. "Forgive me, Lord, for Killing. Forgive me," I prayed, "for the times I've killed – or at least squelched – the image of God I saw in others."

This word was inspired by a hard saying from Jesus. Recorded in the modern translation of the Bible called "The Message," it reads:

"I'm telling you that

anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother 'idiot!' and you just might find yourself hauled into court. Thoughtlessly yell 'stupid!' at a sister and you are on the brink of hellfire. The simple moral fact is that words kill."

When I use the first two prayers, I'm usually asleep before I'm halfway through. However, the forgiveness prayer will often keep me awake as I work through the entire alphabet.

But like most naps, these ABC naps often keep me awake a bit past my evening bedtime. These are the moments I've tried to explain to my wife how my "praying" is keeping us both awake.

"Hmm," she says, "Maybe next time you should reverse the alphabet. Start with 'Z' and ask God to 'Forgive my desire to be so Zealous.'"

If you'd like to receive my weekly column by email, send your request to my email below.

*You can read more about spiritual practices in my book, "Thriving Beyond Surviving." Buy any of my books online at [www.thechaplain.net](http://www.thechaplain.net) or send \$20 for a signed copy to 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Comments received at same address or by email: [comment@thechaplain.net](mailto:comment@thechaplain.net) or voicemail at (843) 608-9715.* ★ ★

## LETTER TO THE EDITOR

### Medication access needs protection

*Editor:*

As an individual managing early onset Osteoporosis and Hypothyroidism, I rely on multiple prescription medications essential for maintaining my health long-term.

Unfortunately, like the vast majority of patients facing similar circumstances, these middlemen enforce profit-driven policies that frequently lead to higher costs and unnecessary obstacles in accessing crucial medications.

This affects tens of

millions of patients, like me, who depend on certain prescription medications to manage their conditions.

PBMs control roughly 80% of the prescriptions on the market today. Through a range of restrictive policies, including step therapy, prior authorization, and patient steering, PBMs dictate exactly what medications and treatments patients can access as well as when and where they can access them.

This has been a problem for patients like me for years, and it's only getting worse. It was very disappointing that lawmakers

have yet to pass PBM reform to address these unscrupulous tactics, even with multiple bipartisan legislative solutions to choose from.

However, the budget bill that Congress must pass gives legislators one last chance to address PBM reform before the 2024 election. California's congressional delegation should work to incorporate PBM reform into the budget to help protect all patients from these harmful and unfair business practices.

- Bambi Martin, Sacramento

## No on Measure C Celebrates Victory

### California Medical Association News Release

**SACRAMENTO, CA (MPG)** - The No on Measure C campaign is celebrating a significant victory in defeating Measure C, which sought to raise taxes on small businesses in Sacramento, including physician, dental, psychology and other health care practices. This success comes after a targeted, last-minute campaign that involved over 168,000 phone calls, 94,000 texts and several direct mail pieces to voters in Sacramento, urging them to vote against the measure.

The coalition that formed the No on Measure C campaign included the California Medical Association (CMA), Sierra Sacramento Valley Medical Society (SSVMS), California Dental Association, the Sacramento District Dental Society, and The Doctors Company.

This coalition effort was necessary due to the failure of the Sacramento City Council to provide proper notification, which prevented any statements of opposition from appearing in the local voter guide.

"I am proud of our swift action to safeguard physician practices and small businesses," stated Tanya W. Spirtos, M.D., president of CMA.

"The defeat of Measure C not only protects physician practices in Sacramento but also sends a clear message that local governments should engage with the local medical community and refrain from attempting to impose unfair tax increases that would be detrimental to access to health care for patients in the community."

"We are grateful for the outcome of the election as it will protect physician practices and ensure access to quality health care for all," said SSVMS president Vanessa Walker, D.O. "Physician practices

are integral to our communities, and we thank the voters of Sacramento for recognizing their importance."

"Our coalition came together to ensure that voters were aware of what Measure C would do, and we are thankful to voters for the outcome. This victory was critical to protecting access to essential dental care for our community," said Dr. Carliza Marcos, president of the California Dental Association.

"As health care professionals dedicated to the Sacramento community, we are grateful to the voters for recognizing the rushed and ill-considered process behind Measure C. We are relieved that voters chose to reject Measure C. This outcome underscores the importance of thoughtful consideration and transparency in decision-making," said Ash Vasanthan, D.D.S., M.S., president of the Sacramento District Dental Society. ★

## Fish for Trout April 6, 7 at Rancho Seco

### SMUD News Release

**SACRAMENTO REGION (MPG)** - SMUD's annual trout derby at the Rancho Seco Recreational Area on April 6 and April 7 features thousands of pounds of trout and prizes up for grabs.

The fishing event has become a tradition for many and has attracted thousands of local participants since it began in 1993.

Anglers reeling in the heaviest catches will win cash and prizes, including an adult and youth grand prize for the heaviest trout caught awarded each day. The grand prize for both age groups is a

fishing kayak. The grand prizes are provided by The Fish Sniffer magazine and Angler's Press Outdoors.

Anglers can cast a line into the 160-acre lake from the shoreline or from one of six fishing piers. Small boats with electric motors are also allowed (no gas motors are allowed). In addition to trout, the freshwater lake is home to bass, bluegill, redear sunfish and crappie.

In preparation for the derby, Rancho Seco Lake was recently stocked with thousands of pounds of catchable trout.

Registration takes place on both days of the derby between 6 and 10 a.m.,

rain or shine. Derby tickets are \$5 per person for the two-day event with a \$12 parking fee at the park gate. A valid California state fishing license is required for anyone at least 16 years old. Anglers hoping to win a prize must weigh their fish at the official weigh station between 2 and 4 p.m. on the day of the catch. For complete rules, visit [smud.org/RanchoSeco](http://smud.org/RanchoSeco).

The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnic areas, RV and tent camping sites, a beach and swimming spots. Kayaks, rowboats,

paddleboards and fishing boats are available to rent.

The Rancho Seco Recreational Area is at 14960 Twin Cities Road, Herald. The recreational area is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. For more information about the derby, camping and safety at the park, visit [smud.org/RanchoSeco](http://smud.org/RanchoSeco) or call 800-416-6992.

**About SMUD**

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has provided low-cost, reliable electricity



A young angler casts his fishing line into the lake at Rancho Seco Recreational Area. Photo courtesy of SMUD

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# SacRT Orders Nine Additional Low-Floor Light Rail Vehicles

## SacRT News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) is adding to its order of new low-floor light rail vehicles from Siemens Mobility (Siemens) with an additional order of nine S700 vehicles. This order builds on the previous order of 36, bringing the total number of trains ordered to 45. SacRT’s contract with Siemens is for the purchase of up to 76 new low-floor light rail vehicles.

“As we continue to prioritize the enhancement of our transit system, I am thrilled to announce the purchase of nine additional new low floor light rail vehicles,” said SacRT General Manager/CEO Henry Li. “By investing in these state-of-the-art trains, we are not only elevating the transit experience for our riders but also reinforcing our dedication to a sustainable future for the Sacramento region.

“We are grateful to Sacramento Regional Transit for this latest order of nine light rail vehicles, and excited to continue our long-standing partnership,” said Michael Cahill, President Rolling Stock Siemens Mobility North America. “Bringing SacRT’s fleet of S700 LRVs to 45 new low floor vehicles is an exciting feat that highlights our dedication to the region. These American made trains built right here in Sacramento by our team of more than 2,500 will help

to elevate rail travel in our community.

“Once again, Sacramento is at the forefront of innovation in public transit, thanks to the collaborative efforts of SacRT and Siemens Mobility,” said Congresswoman Doris Matsui. “This investment underscores the importance of federal support for our region’s transportation infrastructure. By leveraging resources from the Bipartisan Infrastructure Law, we are creating job opportunities and paving the way for a more sustainable and efficient transit system.”

“This order for nine additional light rail trains will enhance the rider’s experience and improve accessibility for all members of our community,” said Congressman Ami Bera. “I applaud SacRT’s proactive approach to investing in the future of transportation, and I look forward to seeing the positive impact these new trains will have on our region.”

“Securing this additional order of light rail trains marks a significant milestone in SacRT’s ongoing efforts to modernize its fleet and provide reliable, accessible transportation options for Sacramento residents,” said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy. “We are not only improving the quality of service for our riders but also reaffirming our commitment to sustainability and inclusivity. These new



Nine additional light rail cars are making their way to Sacramento. Photo courtesy of SacRT

trains will play a vital role in enhancing the overall transit experience and supporting the continued growth and development of our region.”

The S700 low-floor vehicles have platform boarding at every doorway and allow riders in mobility devices to board using a deployable ramp at the two center doors instead of having to use a mini-high ramp. Each vehicle features four dedicated wheelchair locations. The spacious seating design with larger windows

allows for better light and views.

In addition, the vehicles have better temperature control for heating and cooling and improved reliability with remote diagnostics and predictive maintenance.

Siemens has already delivered 20 new S700 low-floor light rail vehicles to SacRT’s light rail facility in north Sacramento where they are undergoing rigorous testing procedures. These tests are vital to ensuring the trains meet stringent safety and

performance standards before being integrated into service, which is expected to begin on the Gold and Green lines in summer 2024. The Blue Line will continue to operate the current high-floor light rail trains, which still require riders in mobility devices and those unable to climb stairs to use the mini-high ramps at the ends of the station platforms. SacRT will begin construction on Blue Line station platforms to meet the height requirements of the new low-floor trains in

late 2024 and construction is expected to be completed by 2027. Learn more about SacRT’s Light Rail Modernization Project at [sacrt.com/modernization](https://sacrt.com/modernization).

The S700 vehicles for SacRT are manufactured by Siemens Mobility in south Sacramento, keeping jobs in the region. The plant is one of the largest and most sustainable facilities in the U.S. and is part of Siemens Mobility’s larger U.S. manufacturing network of eight facilities, nearly 4,500 employees and 2,000 suppliers. ★

# Deadline Extended For Admission Applications at Sacramento State

## Sacramento State News Release

SACRAMENTO, CA (MPG) - Sacramento State remains committed to ensuring accessibility and inclusivity, and to providing equal opportunities for all qualified individuals seeking access to higher education. To support these ideals, we are extending the Fall 2024 admission application deadline for non-impacted undergraduate programs to May 1. The deadline for admitted students to submit their intent to register for the fall semester has been extended to June 1.

With the significant Department of Education delays in processing the 2024-25 FAFSA, we want to ensure that students and their families have enough time to accurately complete their FAFSA applications. In addition, Sacramento State has launched two first-in-the-nation programs, the Black Honors College and

Combat U, that are providing current students, incoming students, and prospective students with unique learning opportunities they won’t receive anywhere else.

Sacramento State has bold new enrollment goals focused on increasing enrollment and graduation rates for former foster youth, community college transfer students, Native American and Indigenous students, and our out-of-state and international students. Extending our admission application deadline will provide time for students to learn more about financial aid packages, as well as new and existing programs.

We continue to engage with incoming and prospective students and invite interested individuals to join our hive.

We encourage you to spread the word about the May 1 admission application extension, and the April 2 FAFSA deadline. ★

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## *Hidden Gems Await in Small Delta Towns*

*Continued from Page 1*  
a regular routine for years now, and this means having the opportunity to focus on the simpler Delta life with the many pit stops along the way. With that said, we love to share the hidden-in-plain-sight gems we have found in the many small towns that dot the path.

First and foremost, we must pay homage to the bridges. You can twist and turn all across the delta on various brightly colored and uniquely-engineered bridges. There is even a ferry you can ride from here to there, and if you're lucky to catch a large boat passing through, you can also watch as the bridges twist and turn to let them pass.

No matter where you begin your day trip, there is a relatively easy path to follow: just go up one way along the Sacramento River on Highway 160 and then down the other side and you'll have basically touched it all. For this travel reference, Freeport is the furthest north and Antioch is furthest south.

Clarksburg: Many



weekend warriors will head straight to the Old Sugar Mill for a one-stop shop of a dozen local wineries, and if you've never been, it's definitely worth checking off your list at least one time. But for those who want a little more out of Clarksburg, we suggest a walking tour of sorts — the architecture of many of the homes and schools easily bring us back to The Wonder Years nostalgia, with the old growth trees shading the streets confirming the timeline. There is also a colorful community garden to stroll, and a pit stop at Husick's Restaurant to grab an iced tea. There

we admired the pickup truck that also came to its final resting spot out front during those years.

Isleton probably has the most revitalized main street along this entire drive, still keeping with the Chinese heritage mixed with some classic and eclectic shops to peak your curiosity. Mei Wah Bar Room boasts one of the few opium dens in the region, The Mcboodery sandwich shop has residents raving, and a combination of antiques, museums and a coffee shop make for a perfect jaunt to admire it all. And while some of the classics have sadly gone out of business, the nostalgia is holding



strong with neon signs, vintage buildings and land markers of crawdads. Also worth spotting? The colorful gazebo in the town center and businesses that are “coming soon” (make mental note for when you return).

Locke: In our humble opinion, Locke is by far the most unique and exciting town on the Delta. Unlike any other town we have come across in California, Locke is a historical landmark dedicated to preserving the history and contributions of our Chinese citizens. It has been preserved just as it was built some 100 years ago, and walking the Main Street is like taking a walk back in time, and in China. The buildings are nothing like the typical gold rush/Victorian homes we tend to see. They bend, they lean,

they are chipped away, but  
still they stand.

There of course is a Chinese restaurant, an eastern medicine shop, some souvenirs, a museum and antique stores but most famous: having a drink at Al the Wop's. This town is an absolute must-stop and explore and needs to be on every California travel bucket list.

Courtland: Pear capital of California. Maybe? We haven't verified that. But what we have verified is the lovely slow winding drive through walls of pear orchards with the ultimate stop: Hemly Cider tasting room. Cider sampling for adults and kids, this family-friendly destination is set inside an old hangar with sweeping views of growing crops all around. A tasty-sweet way to appreciate our state's

abundant agriculture.

Antioch boasts the most regional parks, wildlife preserves, and fishing docks to choose from on this route. Notably, Black Diamond Preserve with its dozens of trails and historical landmarks to check in on, but one could also spend time bird watching and picnicking at the Delta Discovery shoreline & museum. Both offer fantastic educational experiences. And of course, the Antioch bridge is one of the most exciting: on a foggy day it can feel as if one is ascending into the clouds with the sharp climb up over the Delta waters.

For more Delta day trip ideas, follow @ca.love.for.nia on Instagram.com and enter hashtag link for the California Delta. ★

A graphic for Easter Sunday. It features a white rabbit on a small patch of grass with yellow flowers, set against a blue sky with yellow stars. Below this, the word "EASTER" is written in large, bold, white capital letters. Underneath "EASTER", the text "SUNDAY, MARCH 31" and "9:00 & 10:30AM" is written in bold, white capital letters. In the bottom left corner, there is a QR code. In the bottom right corner, the text "River's Edge Church", "6449 Riverside Blvd.", and "Sac. CA 95831" is written in white capital letters.





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***Girl Scouts Heart of  
Central California  
News Release***

Cookie Share allows girls to offer virtual "Cookie Share" cookies that are distributed to the nation's soldiers, local food banks and other

Cookie Share proceeds remain within the local community and are dedicated to funding a variety of enriching activities



If you're interested in learning more about Girl Scouts Heart of Central California and how you can get involved, visit [www.girlscoutshcc.org](http://www.girlscoutshcc.org). ★

***By Tamara Warta***

A busy entertainment entrepreneur, the Arden-Arcade-based Johnson is a novelist and also a former TV host and producer of "Half Circle," which broadcast on Comcast On Demand (Channel 17) from 2009 to 2014.



The wide range of individuals that he interacts with daily serve as inspiration. Through these



“21 Wonders (That You Don't Know)” can also be bought at thebookpatch.com, a marketplace for self-published books. ★

## Continued from Page 1

Fadal has a Doctor of Business Administration from Argosy University, a Master of Public Administration with emphasis on organization change from California

Additionally, Fadal has nearly 20 years of experience as a lecturer and area chair over the University of Phoenix MBA Business Program and has worked as an assistant professor for DeVry University's Keller Graduate School

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