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Presents
International
Headliner**

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Carmichael Times

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APRIL 26, 2024

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Jesuit Rugby to Compete in Japan



**Jesuit High School
News Release**

SACRAMENTO, CA (MPG) - Jesuit High School Sacramento's Varsity Rugby team was selected to participate in the prestigious 2024 Sanix World Rugby Youth Tournament in Muakata City, Fukuoka, Japan. Jesuit student-athletes and coaches will be in Japan for 12 days from April 24 through May 6.

The invitation marks a significant milestone as Jesuit Rugby becomes the first team from the United States to compete in the international event.



Above top: The Jesuit Rugby travel team members pose for their official roster photo in preparation for their first international trip. Above: The Marauders scrimmage during a recent practice at Jesuit High School in Carmichael. Photos courtesy Jesuit High School

The Jesuit High student-athletes traveling to Japan are from Carmichael, Orangevale, Rancho Murieta, Sacramento, West Sacramento, Woodland, El Dorado Hills, Roseville

and Auburn.

Team members from Carmichael are Brody Bisbiglia, Cannon Davey, John Hartman, Connor Hoertsch, Johannes Kungys, Broden Leonard

and Barrett Saich.

Team members from Sacramento are Joshua Baleiwelagi, Duncan Broughton, Evan Brown, Garrett Brown, Alan Cordano, Tyler Garcia, Gordon Harder, III, Camden Montgomery, Nolan O'Flaherty, Dean Osborn, John Patock and Peyton Templeton.

Tristan McLoughlin is from Orangevale, Cooper Getz is from West Sacramento, Xavier Meyers is from Rancho Murieta and Spencer Grammer is from Woodland.

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Small Business Week Looks at AI

MPG Staff

SACRAMENTO COUNTY, CA (MPG) - Capital Region Small Business Week is April 29 through May 4. The City of Rancho Cordova is a sponsor of SacBiz Connect: Small Business Week Resource Expo and Kickoff on April 29. Sacramento County Office of Economic Development is partnering with the City of Sacramento's Office of Innovation and Economic Development to host "BizX, Leveraging AI Technologies to Stay Ahead of the Curve" on May 1 at The Sophia, Home of B Street Theatre.

Capital Region Small Business Week brings together entrepreneurs, seasoned business owners and business experts from public and private entities from across the Greater Sacramento area to celebrate the region's entrepreneurial spirit.

This year's event will focus on exploring the transformative impact of AI (artificial intelligence) in business, healthcare, education, transportation and beyond. A panel of AI and business experts will examine the broader societal impacts of AI, while highlighting the vast opportunities it presents. Attendees will learn how leveraging AI can drive innovation, sustainability and inclusivity, shaping a more equitable and prosperous future for everyone. Small business resource booths and opportunities to network will be available before and after the formal program.

"BizX is just one of several events held during Capital Region Small Business Week, offering a platform to connect our small businesses with local resources," said Sacramento County Economic Development Director Crystal Bethke. "We are pleased to celebrate the vital role our small businesses play in fostering thriving communities and fueling the economic prosperity in Sacramento County."

Entrepreneurs, small businesses and industry professionals are invited to register for the events below at capitalregion-smallbusinessweek.org/schedule.

Day 1, Monday, April 29 is Small Business Procurement Summit from 3 to 4:30 p.m. at The Lounge at Frequency Coworking, 3249 Quality Drive, Rancho Cordova. Small Business Week Resource Expo and Kickoff is from 4:30 p.m. to 7 p.m., also at The Lounge at Frequency Coworking in

Continued on page 7

Becerra, Bera Discuss Healthcare Worker Shortage at Rio Americano



Health and Human Services Secretary Xavier Becerra and US Rep. Ami Bera visit Rio Americano High School Medical Careers Program on April 8.

**Story and photos
by Adam Abolfazli**

SACRAMENTO REGION, CA (MPG) - As the nation faces a critical shortage of medical professionals, Health and Human Services Secretary Xavier Becerra and U.S. Rep. Ami Bera met with local educators and students in Rio Americano High School's medical careers program

on April 8 to hear concerns and promote medical education, especially at the secondary level.

The event, "Training the Next Generation of Health Workers," welcomed Becerra and Bera, a Democrat whose district includes Rio Americano in Sacramento County. San Juan Unified School District Superintendent Melissa Bassanelli and

school board President Pam Costa were also in attendance.

The visit's purpose was to showcase "how San Juan Unified is leading in developing a healthcare workforce and to discuss the importance of ongoing federal support for similar programs," San Juan Unified communications director Raj Rai said.

Becerra, a Sacramento

native whose wife is a doctor still practicing in the area, called attention to the industry shortage and discussed Biden administration programs to ease the crunch, including supporting career education.

"At HHS, we can add some value and worth with you as you try to create that pathway for young Americans to become our

Continued on page 2

Becerra, Bera Discuss Healthcare Worker Shortage at Rio Americano



U.S. Rep Ami Bera, left, and Health and Human Services Secretary Xavier Becerra speak to students April 8 at Rio Americano High School.

Continued from page 1

future leaders,” Becerra said. “There is no shortage of opportunity, so when you see an opportunity to support a program that is bringing young folks in quickly (to medical careers), you want to be here.”

Facing the shortage

The country will face a shortage of 195,400 nurses by 2031, according to estimates by the Bureau of Labor Statistics. Openings for home health aides and personal health aides will increase 37 percent by 2028.

According to projections published last month by the Association of American Medical Colleges, the U.S. will face a physician shortage of up to 86,000 doctors by 2036.

Across the country, Health and Human Services and hospitals are trying to fill medical residency slots, including at 1,400 federally-certified health service clinics.

“More and more, people are finding access through community health clinics,” Becerra said.

The American Rescue Plan, passed in 2021, contained funding for 1,000 additional residency slots.

More than \$100 billion in federal funding has been approved under President Joe Biden to grow the healthcare workforce. The administration also wants to subsidize universities to help retain faculty members and increase the salaries of nursing professors so that they don’t leave the classroom for more lucrative hospital jobs.

Two weeks ago, the Biden administration announced additional investments in primary care medical education and more residency programs in rural areas.

Becerra also touted Health and Human Services’ scholarship and loan forgiveness programs that help students get through college if they agree to work for a number of years in underserved communities. His son-in-law, now a pediatrician, was given a full four-year scholarship through the initiative.

Starting in high school

However, on the local level, the healthcare industry has emphasized high school education to kickstart medical training.

“This is such a great program because we’re exposing you to career pathways in healthcare,” Bera, a doctor, said. “We’re creating a workforce that’s going to take care of me when I’m older. There’s nothing more important than investing in our young people. Our legacy is the next generation, the lives that we touch.”

Principal Cliff Kelly and medical careers program teacher London Mackey promoted the success of the medical program, which boasts a 95% pass rate on the medical assistant board exam and allows students to become certified medical assistants when they graduate high school, often getting medical assistant jobs that pay \$25 an hour.

Medical assistants “complete administrative and clinical tasks, such as scheduling appointments and taking patients’ vital signs,”

according to the Bureau of Labor Statistics. Students also learn to draw blood and give injections.

Becerra noted the benefit of the well-paying job for students who continue studying medical careers in college.

Seniors in the program spend half their school day at a hospital participating in an externship that culminates in receiving a medical assisting license and college credit.

The importance of the medical program is to “give students hands-on training that will enable them to better transition into college or medical careers,” Kelly said.

Recently, the big four Sacramento health systems came together to identify and highlight such programs, including the medical careers pathway at Rio Americano and health science academies in Natomas and Rancho Cordova. They view career education as a way to fill gaps in hiring medical assistants, nurses, X-ray techs and a variety of other medical professions.

“We invest in our students’ needs in ways that will serve them far beyond graduation,” Bassanelli said. “That success relies on the long-term support and investments of policymakers and key partners like those here today.”

About the Rio Americano Visit

After visiting Rio Americano High School, Becerra said that “there is a real reason to hope for our future.”

On April 5, crews could be seen cleaning buildings and mowing the lawns in preparation

for the secretary’s high-profile visit. The Secret Service was also present over the weekend conducting a sweep of the campus. Local news outlets attended the event, too.

Medical careers program teacher Mackey welcomed Becerra and Bera to the med wing to speak directly with her sophomore students.

“I love having speakers that the students can interact with,” Mackey said.

Rio Americano High School’s medical careers students shared their interest in pursuing careers in radiology, pediatrics and sports medicine, among others.

“It’s good not just for Rio but for all pathways,” Principal Kelly said. “It’s the first time we’ve ever had a cabinet-level person show up to a San Juan school.”

The medical facility at Rio Americano was originally funded by federal money that trickled down to San Juan and by bond measures local voters approved.

“We have a number of programs where we help establish the pipeline,” Becerra said of his department’s work with youth. “We provide a dollar to the state of California. The state then gets it down to school districts, and then the schools get to use it the way they think best.”

In their meeting with first-period med program students, Becerra and Bera spoke about the growing importance of mental health services, including increased funding for 988, the new national number for the Suicide and Crisis Lifeline for

mental health services.

The secretary, asked by a med student what he saw as the most important up-and-coming developments in federal healthcare, told students about the Advanced Research Project Agency for Health (ARPA-H), whose goal is to “catalyze the next generation of treatments to improve the health of all Americans.”

Becerra spent time in Southern California as part of his latest Latino health tour before coming to Sacramento.

Becerra was born and raised in Sacramento and graduated from nearby McClatchy High School.

He also served in Congress, representing Los Angeles, for more than two decades, and as chairman of the House Democratic Caucus at the end of his congressional tenure.

As Health and Human Services secretary, Becerra has helped protect and expand the Affordable Care Act and assist in overseeing the U.S. response to the COVID-19 pandemic.

“At HHS, we want in,” Becerra said.

Becerra joked that “as much as there is conflict and controversy going on throughout the world, when a CK McClatchy Lion will come visit Rio Americano, things are pretty good in the world.”

Adam Abolfazli is a junior at Rio Americano High School and an editor of the Rio Mirada student newspaper. He plans to study journalism in college. ★

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Food Truck Mania

Park Food Events Keep on Truckin'

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael Park District recently celebrated the 12-year anniversary of an event whose success once seemed a long shot. Food Truck Mania has proven one of the district's most popular programs.

Staged on the first Thursday of each month, the culinary meet is here to stay.

"It's a big draw for the community," confirms Park recreation Services Manager, Alaina Loftus. "People bring chairs and just camp out for a night of friendly time and great food."

Upwards of 400 people regularly queue to dine in a park beside Fair Oaks Boulevard. The next Food Truck Thursday is May 2.

Menus have expanded since the mobile kitchens' 2012 debut. Food peddlers now vie to provide gourmet specialties. Burger and sandwich hybrids; Southern and Cajun cooking; Thai and Laotian dishes - all are available as meals on wheels. Desserts include cream and fruit-smothered waffles and ice cream sandwiches. Brewing cappuccinos and chic tea infusions, hawkers give nearby Starbucks a run for its mocha.

Carmichael was the first local park district to provide a venue for food truck events. Since, many others have jumped to the plate and the clientele is now as mobile as the eateries.



Gourmet burgers and desserts are among food truck menus during Carmichael's "Park Rec and Eat It" nights out, on first Thursdays of every month. Enjoying festive fare are Carmichaelites Tyletta Campbell, Sharon Reneau and Jen Reneau.

The district partners with the Food in the Hood 916 to rally vendors. Some foodies follow their favorite trucks from markets to college campuses and festivals all over Sacramento County.

On May 2, five trucks will provide menus ranging

from Hawaiian fried chicken, Pilipino specialties, sandwiches, burgers, crepes, ice cream and shaved ice.

For the record, truck dining is not roach-coach cheap. Its popularity nevertheless reflects a rage to combine eating with

hanging out in cool places. No one gripes about waiting - lining up is part of the social experience. Circling wagons at sunset in Carmichael Park, trucks serve from 5 p.m.

The boulevard's frontage guarantees advertising. Tempted by a

party atmosphere, home-bound workers and families park, queue, and saunter.

"It's like a carnival," enthuses a regular customer. "Great company, a bunch of different food to try."

Truck-events are planned through summer and fall.

Carmichael Park concerts (May, June, September, and October) will include trucks. The vendors are also a pungent part of Sunday Farmers Markets in Carmichael.

For more information, visit www.carmichaelpark.com.

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- May 25: Locked and Loaded
- June 8: AKA Live
- June 15: Wasted Space


Fall Fridays
6:00-8:00pm

- Sept 6: The Wayside
- Sept 13: David Perez Band
- Sept 20: Blackwater
- Sept 27: Todd Morgan



MEMORIAL

ARLENE B. SINGER • 11/02/1937 - 04/10/2024



Arlene was born in New York, the daughter of Joseph and Paula Dreyfus. After graduating from the University of Michigan with a bachelor's degree in business, she became address buyer for a large retail store - a significant achievement for a woman at that time - where she traveled to many parts of the world. She also owned a textile business in New York with her late husband Benjamin Singer, as well as several women's clothing stores. She proudly worked at La-Z-Boy Furniture Galleries for over 20 years but was forced into retirement by COVID. She was a Master Bridge player. She taught within her community as well

as within her synagogue (Temple Israel, Stockton, CA). Her faith was always very important to her. She shared her love for the arts with multiple people by attending shows and series. She was involved in multiple book clubs. Later in life she

renewed her interest in learning piano and learned to sew/quilt. This amazing, magnificent, talented, strong woman is already sorely missed by her brother and sister-in-law Richard and Cheryl Dreyfus, her nephew Jonathan Dreyfus and his family Sharlyn and Adam Dreyfus, her niece Deborah Dreyfus and her family Jason and Julia Kurland; her two beloved dachshunds Emma and Ginger Rodgers; and countless friends who will hold her in a special place in their lives and hearts. Memories of Arlene will forever include smiles, laughter, and card games. Arlene will be forever loved and cherished.

Shepherd to Talk on Why Everyone is Needed



James Shepherd

First Church of Christ, Scientist, Carmichael and Fifth Church of Christ, Scientist, Sacramento News Release

SACRAMENTO REGION, CA (MPG) - James Shepherd, a Christian Science healing practitioner and international speaker, will talk on "Why everyone is needed" at 2 p.m. May 5 at Fifth Church of Christ, Scientist, 3250 Cottage Way, Sacramento.

The talk will focus on

universal healing precepts found in the Holy Bible, especially in Christ Jesus' life and teachings, showing how they are available for anyone to understand and experience through the lens of Christian Science. The talk is free, open to the public and sponsored by First Church of Christ, Scientist, Carmichael and Fifth Church of Christ, Scientist, Sacramento.

"I love exploring the nature of God, infinite Love, as the only cause and our unbreakable connection to God as God's offspring," Shepherd said. "This connection gives us our purpose and worth by seeing everyone from a more God-like, or spiritual, point of view. I've experienced how this has an impact on my life and on the lives of others."

Sharing examples of his own healing and professional practice of Christian Science, Shepherd will explain why Christian Science is both Christian

and scientific, meaning that anyone can prove its effectiveness for themselves, as described in the book "Science and Health with Key to the Scriptures," written by Christian Science movement founder Mary Baker Eddy.

Shepherd will also touch on the life of Eddy, who taught what she said was original Christian healing. Eddy has said that she was especially inspired by Jesus' demand: "He that believes on me, the works that I do will he do also; and greater works than these will he do, because I go unto my Father" (found in the Gospel of John 14:12 in the Bible).

Shepherd has been a Christian Science practitioner for many years, helping others daily through this scientific approach to prayer. He travels from his home base in Eugene, Oregon, to speak to audiences as a Christian Science Board of Lectureship member. ★



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Jesuit Rugby to Compete in Japan

Continued from page 1

Team members from El Dorado Hills are Elijah Jackson, Luke Johnston, Wade Johnston, Logan Keefe and Joshua Rucker.

Team members Laim Arnault is from Roseville and Laim Maverick Nagel is from Auburn.

The Sanix World Rugby Youth Tournament brings together top-tier high school rugby teams worldwide, including nations such as South Korea, England, New Zealand, South Africa, Australia, Fiji, China, and, for the first time, the United States. The tournament is held during the Japanese national holiday known as Golden Week.

Jesuit Rugby's invitation to the Sanix Tournament is a testament to its exceptional performance and rich sports history. With a commendable second-place finish at the national tournament last year, USA Rugby recognized Jesuit's outstanding achievements and contributions to the sport and nominated the team to represent the United States in this event.

"We are honored by this invitation and it would be our Marauders first overseas tour," head coach Andrew Acosta said. "Last year's team, which placed second in the U.S. National Invitational Tournament, was senior-heavy with 20 players graduating in 2023. However, I am extremely impressed with our current team; this talented young group is learning fast. This will be a tremendous experience for our team and a great way for the rugby world to see Jesuit in action."

The annual tournament at the Global Arena Complex in Fukuoka will

feature eight Japanese and eight international high school teams. Jesuit Rugby looks forward to showcasing its talent on the global stage.

"Jesuit Rugby is part of a rich tradition of athletic excellence at Jesuit High School. This group of student-athletes and coaches are excited and humbled to represent not only their families and school but also the Sacramento region and the United States," said the school's President Chris Alling.

For more information on how to support Jesuit Rugby's participation in the 2024 Sanix World Rugby Youth Tournament, visit www.JesuitHighSchool.org/news.

About Jesuit High School Sacramento Jesuit High School Sacramento is a regional Catholic high school that provides young men with a life-building experience and delivers an academically rigorous college-preparatory education to prepare graduates for lives of leadership and service.

Founded in 1963, Jesuit Sacramento's student body represents diversity in geography, ethnicity, religious affiliation and socioeconomic background. The home of "The Marauders" has one of Northern California's most successful men's athletic programs with more than 325 league championships, 133 section championships, 31 state championships, and 14 national titles.

Fostering a "Men for Others" culture of service, Jesuit boasts more than 22 visual and performing arts offerings, a robust Honors and Advanced Placement curriculum, and a club for every passion. ★

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Social Security Matters

Older Husband and Working Wife Seek Guidance



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I am 74 years old, retired and receiving Social Security. My wife will be 65 in January of 2025. Our hope was to start paying off some credit card expense by her receiving SS when she turns 65, however it appears there would be a substantial reduction to her benefits. Her work income is \$37,500 a year, and she wasn't planning on retiring from work at age 65. Because I am 11 years older, we felt it makes sense to use her Social Security as a means to lower our debt. We have \$27,000 in credit card debt, and I don't really want to use my 401(k) funds due to taxes. We pretty much live on my Social Security and pension. **Signed: Seeking Suggestions**

Dear Seeking: Your wife's full retirement age (FRA) for Social Security purposes is age 67. Because she will not yet have reached her FRA in January 2025 (when she is 65), if she claims SS to start at that time, not only will her monthly amount be reduced, but she will be subject to Social Security's annual earnings test. The earnings test sets a limit for how much can be earned by beneficiaries who claim SS before FRA.

The earnings limit for 2024 is \$22,320. The limit for next year is not yet published (it's based on changes to the national wage index) but will be a bit higher – likely about \$23,500. Thus, I can't provide the exact impact, but if your wife's 2025 earnings exceed next year's limit, Social Security will take back \$1 in benefits for every \$2 over the limit (half of the amount over the limit). So, if your wife earns \$37,500 per year, that will likely be about \$14,000 over the limit and Social Security will take back half of that (\$7,000). They "take back" by withholding future benefits, or you can repay them in a lump sum. So, you will have a choice – repay Social Security from your other assets, or they will withhold your wife's SS benefits for the number of months needed to offset her penalty for exceeding the earnings limit. The number of months they will withhold depends on how much is owed and what your wife's monthly SS benefit is. For example, if your wife's age-65 SS benefit is about average (\$1,900) and her penalty for exceeding the limit is \$7,000, Social Security would withhold your wife's benefit for 4 months to recover the penalty, but she would receive her full benefit for the remaining 8 months of the year.

Unless your wife tells them in advance that she will exceed the limit, Social Security will find out the following year (after you file your income taxes). But, in any case, your wife cannot avoid the annual earnings test

for working before reaching her full retirement age. The earnings test goes away when your wife reaches her FRA of 67. Until that time, if she continues working she will have a choice to have her benefits withheld for a portion of the year, or simply repay Social Security in a lump sum (in which case her benefits would continue uninterrupted).

FYI, there is a silver lining in this, because if your wife has benefits withheld because she exceeds the earnings limit before her FRA, after she reaches her full retirement age Social Security will give her time credit for the months when benefits were withheld, which will result in her monthly Social Security payment amount increasing somewhat at her full retirement age. Thus, over time, your wife may recover the benefits which were withheld for exceeding the annual earnings limit. But to get 100% of the benefit she's earned from a lifetime of working, and **be exempt** from Social Security's earnings limit, she would need to wait until she reaches her FRA to claim.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

The Sacramento Kings are officially out of the playoffs, and the 2023/2024 season is over.

The question that everyone should be asking is, is there reason for optimism? I say unequivocally, yes!

Kings center, and indefatigable big man Domantas Sabonis, has now completed two consecutive seasons as the NBA's number one rebounder, outproducing every other player in the entire league. Add to that herculean feat the fact that he led the league for the first time in his career in triple doubles with 26, and you have the picture of an indispensable player.

If there was an iron man award given in the NBA, no doubt Domantas would receive this award as well. Playing in all 82 games, the Kings center led by example all season, undoubtedly playing through numerous nagging injuries, just as he did last year when he played the bulk of the season with a broken thumb.

So, with the fastest point guard in the NBA in De'Aaron Fox, and a center like Domantas Sabonis leading the way, why are the Sacramento Kings sitting on the sidelines, watching the playoffs from afar once again?

Because no one player, or even two, can do it alone.

Whether a healthy Malik Monk would have been enough to give the Kings the extra fuel they needed to finally defeat the New Orleans Pelicans after suffering through five straight defeats in the regular season is anyone's guess.

Make no doubt about it, Malik Monk is magic to this team, and if Monte McNair does nothing else, he must sign Malik to a long-term deal.

Domantas needs someone with girth next to him, and if either coach Brown can figure out how to effectively use Alex Len, or it becomes necessary to draft or acquire a free agent, by next season Domantas can't be the only player capable of averaging a double-double.

By all rights this team should be meeting the Oklahoma City Thunder, and were it not for our own implosion caused by missing free throws, or games taken away by way of atrocious officiating, the Kings would

undoubtedly be in the first round for the second straight year.

That is not the case, and we all must shake away the cobwebs and buckle down to reason with a remedy that is realistic.

First acknowledge there is no first-round pick, so focus on the second round and scour the NCAA, Europe, and beyond to find the Kings a legitimate player capable of not just making the team, but able to make a significant contribution.

I like overall what I see in the growth of Keon Ellis, but there will need to be an expansion of his playing skills if he is to be a starter on this team.

Trey Lyles' time has come, and he needs to replace Harrison Barnes in the starting lineup.

If that is a knock on Harrison, it should not be taken as such. Trey is 28 and provides more girth and rebounding potential than Barnes. Lyles has a three-point shot that is good, and with more playing time I'm convinced he can surpass the 40% mark on a consistent basis.

Coach Brown, after tinkering with his bench substitutions for the entire season, finally tightened down for the final two games, and played a total of four off the bench in the win over the Golden State Warriors. This needs to continue and should not be an aberration.

As I recede into the offseason, and turn my attention to baseball, it's the win over the Golden State Warriors that I will focus on. Yes, the win that sends a message to a team that says, "the torch has been passed," and we have not forgotten last season's humbling loss that took away our chances to advance to the second round.

As the sun sets on this roller coaster we call the NBA, let's be sure to applaud De'Aaron Fox who finished 8th in the NBA in scoring with a 26.6 ppg scoring average. De'Aaron, like his teammate Domantas Sabonis, is the epitome of bringing his lunch to work, and not a game goes by that De'Aaron doesn't leave it all on the hardwood.

Congratulations to this mighty team, to their effort, and to their commitment. We will all be back next year to root you on to even greater heights!

All the best!

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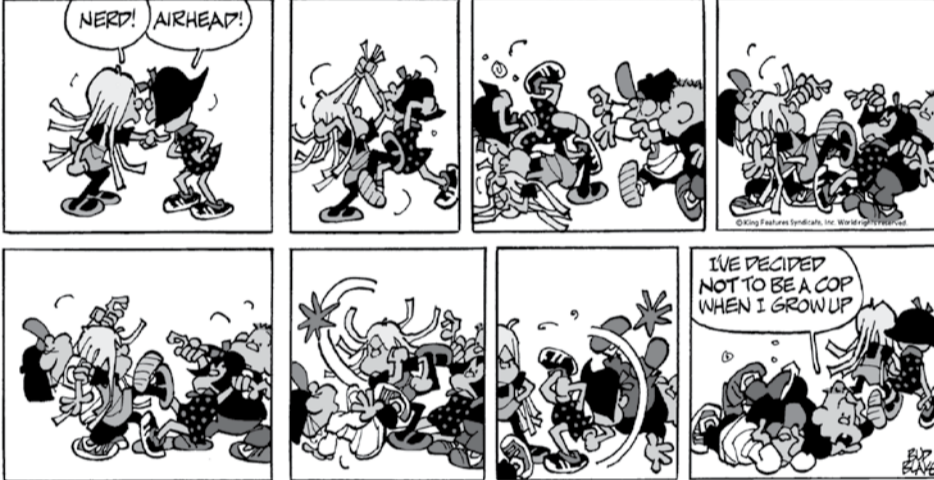
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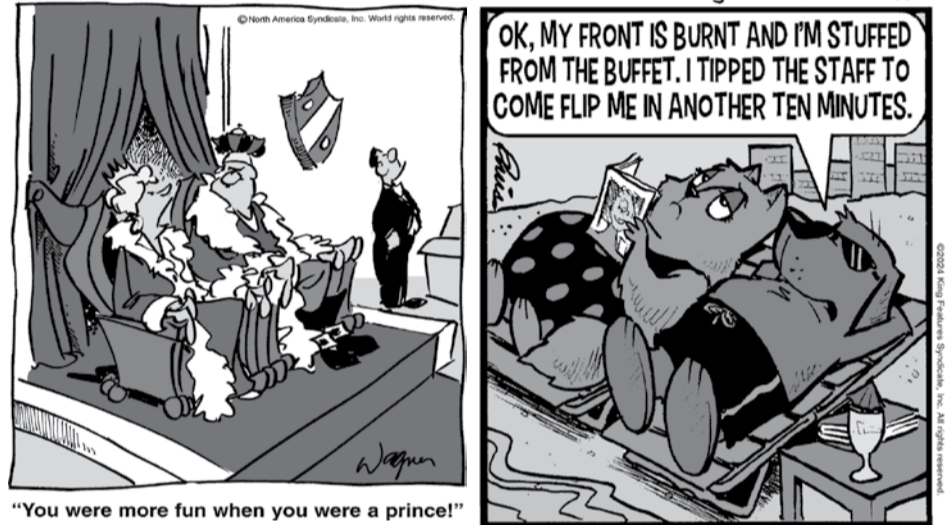


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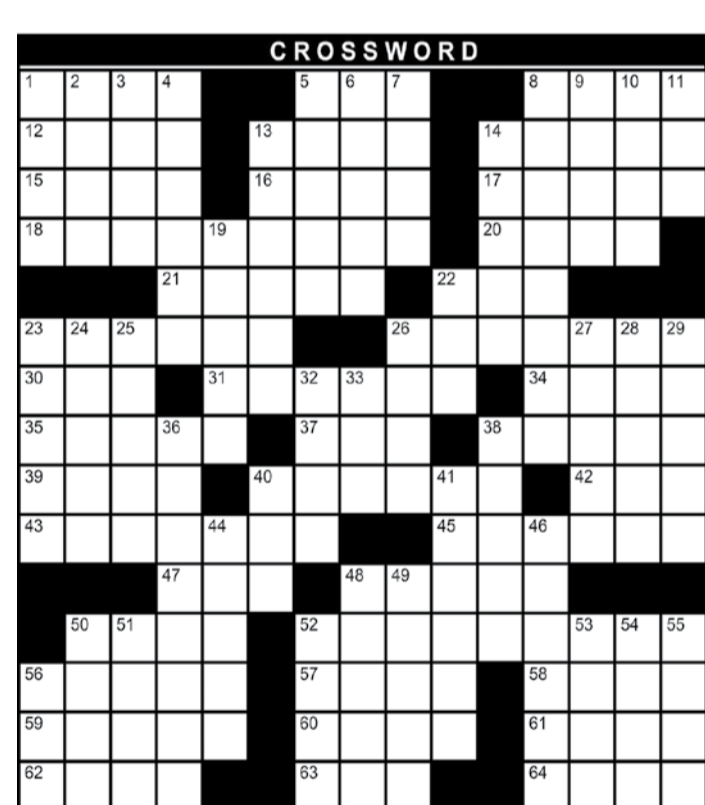
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- CLUES**
- ACROSS**
- Bars
 - Escape or flee
 - Green gemstone or Heather Graham in "The Hangover"
 - Turning point
 - 34th U.S. Pres
 - Actress Sophia ____
 - Each and all
 - Lake, in France
 - Roof overhangs
 - "Lovable mother of seven in "Harry Potter" Mrs. ____
 - "Mother in "The Terminator," Sarah ____
 - Not safe, in baseball
 - "Hold on!"
 - Uno ____ in Mexico
 - Iranian monarch
 - Be a go-between
 - Kind of cuckoos
 - Passing mention
 - Dwelted
 - TV show "____ 911!"
 - "Beloved" mother
 - Like a tennis skirt
 - Scottish kinship groups
 - Spare in car
 - Email folder
 - Vertical dimension
 - Turf alternative
 - Morse Code dash
 - Hippocratic ____
 - Three, to Caesar
 - "Margaret White's telekinetic daughter
 - "Elizabeth Zott of "____ in Chemistry"
 - Vernacular
 - R&R hot spot
 - Capital of Vietnam
 - Yours is as good as mine?
 - Tennis retry
 - Cause anxiety (2 words)
 - Bookie's quote
 - Well-kept secret, for some
 - Teatime treat
- DOWN**
- Do like volcano
 - Honey home
 - Iris holder
 - Human trunk
 - iPad "pen"
 - "Matriarch, ____ Munster of "The Munsters"
 - "Nadezhda of "The Americans," ____ Elizabeth Jennings, acr.
 - Muhammad's birthplace
 - Melissa Rivers' mom
 - Australian slang for afternoon
 - Widely hunted ruminant
 - Follow ems
 - A particular legume
 - Not paths
 - Second 0 in EV00
 - Kinda white
 - "Mrs. ____ , a.k.a. Marmee
 - Anoint
 - Red Sea peninsula
 - Drive a getaway car, e.g.
 - Goals
 - Like a Harvard building?
 - Plant-based laxative
 - * ____ Bunker, mom to Gloria in "All in the Family"
 - Dance partner
 - Drive-____, for short
 - Like a haunted house
 - Daisy dukes, e.g.
 - ____ chi
 - Casts a line
 - Popular electric car
 - Newton's first name
 - Foul substance
 - Matured
 - Bob of "The Joy of Painting" fame
 - Better than never?
 - On top of
 - "High" time
 - Cosine's counterpart
 - In the past
 - **Married... with Children" mom

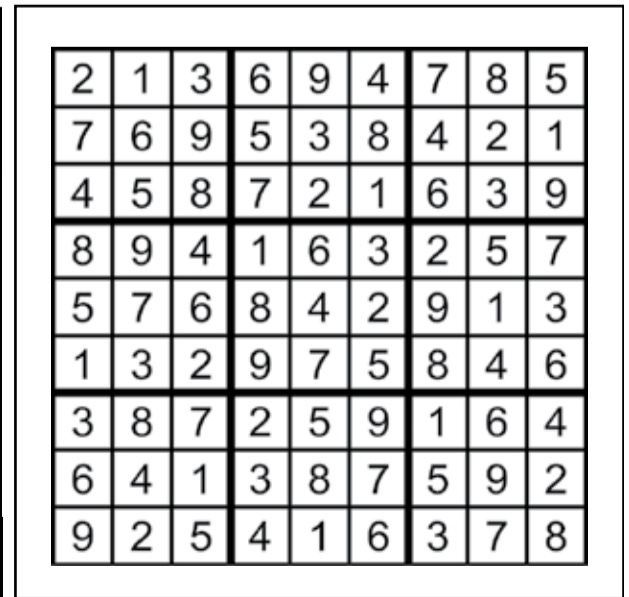


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Media Icon Joey Mitchell Leaves a Legacy of Laughter

By Mary Jane Popp

After 50 plus years on the air, an icon in radio signs off for his final journey. But I'm sure if there is a microphone in the clouds, Joey Mitchell will be at the helm with his joyous voice that always made his fans feel that he truly cared about each and every one.

What can I say about Joey that hasn't already been said... talented, dedicated, award-winning personality, a great sense of humor, total love of family and what meant so much to me was that he was genuinely a really nice guy and gentleman. He greeted everyone he met with a big smile and you felt he knew you forever.

Joey was the first on-air radio guy I worked with when I first came to Sacramento in 1977. It was at the hit country music station, KRAK Radio. I would pop in with the news updates, and truly, I never knew what to expect. There were times I would go into the studio and no Joey...until he popped up from under the board trying to scare me with that silly grin on his face. But it was always in fun. He would try to break me up on the air but little did he know I came from doing a television show in Indianapolis with a crew that did all they could to break me up with antics behind the guests so only I could see. But I loved the friendship Joey shared with everyone, including me, for all these many years.

I think I admired Joey most for his caring about the community, especially when we would host telethons to raise money for so many worthy charities from Easter Seals to the Children's Miracle Network and more. Back in the '80s, there were eight or nine telethons on the air and they were the 24-hour ones. But Joey's energy level never waned. Always professional yes, but with a fun competitive spirit as we would compete for on-camera time, with the ultimate goal of raising as much money as we could for charity. Joey was always game for fun too, like when we were asked to host an event for, I believe, the Opera Association. So we dressed in silly opera garb, and we laughed our way through the event, always ready for anything we could do to help the community.

Stories about Joey were so many I had to limit them, or I would need several pages to tell them all. But I had to share this one from Ken Knoll who did lots of film work in Sacramento. When Joey was named Country Music D.J. of the year and hosted names such as Freddy Fender, Loretta Lynn and Merle Haggard at the Lonesome Armadillo in Roseville, he would do TV funny skits to promote his show. Ken still laughs at this one. Wait until you hear what happened. Ken and Joey came up with the idea to do a skit at the Folsom Zoo in the tiger cage, and yes, with a real tiger. The idea was for Joey to first dress up in lady garb, moustache, and all, and pretend that the tiger was going to attack her/him. Then Joey would change back into guy clothes, and with the magic of television editing, come to her rescue. Funny, right? The trainer assured Joey that the tiger was tame and not to worry. To be honest, Joey



was rather nervous and began sweating some. But being the trooper he was, Joey got into the enclosure. Ken was not sure but perhaps the tiger sensed Joey's fear and began to growl and started to get too close for comfort. It was too close for Joey and he began to shout "please get me out of here." But it was hard to hear him above the laughter of the crew. Suffice to say, Joey was not going into a

wild critter space alone for a long time. Here's one that will give you a laugh but I'm not sure Joey laughed. Ken told me about the time President Clinton came to town on Air Force One, and we don't know how Joey did it but he planted a bumper sticker on the back of Air Force One promoting the Joey Mitchell Show. Sounds funny now but the Secret Service was not amused, and

he actually got arrested. Don't know if he had to spend time in the pokie but leave it to Joey to come up with this stunt and look for more to do.

Another side of Joey was always wanting to help others in the business. Jennifer Steele, executive producer of the morning news at KFBK, had fond memories of him. She worked with Joey at FM 101.5 for 10 years and knew him more than

And so the memory of Joey Mitchell goes on and I'm sure he is wowing them up there behind the mic with his wit and big smile. We will miss you Joey, but our memories will always be with us. Rest in peace, good friend.

There are many stories to tell and perhaps some of the pictures can tell the Joey Mitchell life and his work, but I asked his son, Joe Jr., who sent me so many wonderful pictures to choose of his dad, if he could tell me his fondest memories of "Dad" Joey. I could not end this piece any better. Here is Joe Jr and his heartfelt thoughts about his dad in his own words.

"My dad was just my dad to me, and I never really appreciated all he had accomplished until I grew older. Many people didn't know he had severe and painful scoliosis that would keep him up nights. Getting up at 3 a.m. was a chore for anyone, but for him, it was a daily struggle to get ready for his radio show. Even though he was in pain, he always had a smile on his face and wanted to make people laugh. It wasn't an act, it was who he was. He truly was an amazing man, husband, father, friend and radio legend who will leave a huge void in our hearts. I strive to be like him. He was my HERO!"

What more can be said about this icon and truly good human being?

Editor's note: Joey Mitchell died March 24 after a battle with a lung condition and pneumonia. Photos provided by Joey's family.



Joey ready and eager for retirement.



Joey with the KRAK radio team.



Joey (far right) with Mary Jane Popp (next to him) worked together on local on-air fundraisers to raise money for local causes.



Joey always had a smile and a joke, even if it was on him.

California Capital Airshow Presents International Headliner

California Capital Airshow News Release

SACRAMENTO REGION, CA (MPG) - The 18th annual California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, returns to Mather Airport on July 13 and 14. Headlined by the world-renowned Italian jet team, Frecece Tricolori, the airshow will feature an extraordinary lineup of performers, miles of ground attractions and the anticipated return of night-time aerial performances with pyrotechnics and fireworks.

The airshow will be part of Frecece Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness their full performance. Frecece Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team.

"It's a great privilege to be able to bring these world-class performers to Sacramento for a one-of-a-kind airshow," said California Capital Airshow Executive Director Darcy Brewer. "The return of our night show adds a whole new dimension of excitement to the event. This is going to be an airshow you don't want to miss!"

This unique show features four hours of non-stop aerial performances beginning at 6 p.m. each day. Performers will



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include the United States Navy F-18 Super Hornet Demonstration Team, U.S. Air Force F-35 Lightning and C-17 Globemaster Demonstration Teams, historic warbirds and

with a pyro-musical fireworks show.

Fans are encouraged to sign-up for free as Airshow Insiders on the airshow's website to receive the latest event



highly-skilled civilian performers. As the sun sets, performers will fly with lights and pyrotechnics. The show will conclude

news and updates. Insiders will receive early access to purchase discounted tickets. Tickets will be available to the public

starting May 1. Tickets to this year's event are limited, so those hoping to attend are encouraged to purchase their tickets early.

The California Capital Airshow's generous partners are Sacramento County, the City of Rancho Cordova, Modern Aviation, Keurig Dr. Pepper Snapple Group, Visit Rancho Cordova, Folsom Lake Dodge, Donaghy Sales, SMUD, Thunder Valley Casino Resort, Atlas Disposal, Sunbelt, Teichert, FOX 40, iHeart Media and UPS. In addition, the airshow team is grateful to a long list of committed community supporters, as well as the teams of law enforcement and emergency services that give their time and energy to keep everyone safe.

Visit CaliforniaCapitalAirshow.com for tickets and event information.

About California Capital Airshow

Established in 2004, the nonprofit California Capital Airshow plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people.

The California Capital Airshow gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, visit www.californiacapitalairshow.com. ★



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