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Ceremony Honors Veterans



Left to right: Bagpipers and drummer Riley Groeschel, Mike Maquette, and Kurt Baird will lead the parade.

Story and photos by Judy Andrews

FAIR OAKS, CA (MPG) - The Fair Oaks Cemetery District will host its 25th annual Memorial Day Ceremony from 10 a.m. to noon on Saturday, May 25 to pay tribute to veterans and fallen soldiers.

This year's theme will honor women in time of war between the American Revolutionary War and World War II. A guest speaker will be Eagle Scout Lily Rodriguez from local Boy Scouts of



This year's wreath laying ceremony will be conducted by Veterans of Foreign Wars Post 6158 and American Legion Post 383.

America Troop 380.

Under the direction of Elizabeth Ruygt, Troop 380 has participated in this Memorial Day weekend tradition for the past 18 years.

"The ceremony started out small and just grew from there," Ruygt said. "Each year, we come up with a new theme of interest to families. For this milestone 25th anniversary, we chose to feature women and their wartime contributions over the past 250 years."

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FORPD Approves Capital Projects, Possible New Position

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - At the April meeting, the Fair Oaks Recreation and Park District (FORPD) Board of Directors considered the allocation of \$310,000 for Capital Improvement projects for the 2024-2025 fiscal year, which will be funded by impact fees, in-lieu fees, and the district's General Fund.

The projects under consideration were \$70,000 for roof and HVAC replacement as well as interior repairs at the Old Library; \$50,000 for a new district vehicle for maintenance staff; \$10,000 for new tables for Village facilities; and \$30,000 for a trailer with barrier fencing (so the district will no longer have to rent those for alcohol sales at events). The total also includes \$150,000 for updates to the district's master plan, which was last updated in 2010. Generally, the master plan is updated every 10 years but the district is waiting to conduct the update after the Village construction is complete.

The board voted unanimously to approve the funding for 2024-2025 Capital Projects.

Next under consideration was the allocation of some unrestricted funding that the district received through Sacramento County's federal award of American Rescue Plan Act (ARPA) funds, which were designated to help local jurisdictions with revenue recovery after the COVID-19 pandemic. The county allocated \$130,000 to the district and staff recommended \$88,500 be used for one year of salary and benefits for a full-time technical and operational supervisor position in the arts and entertainment department.

The official duties of the position still need to be determined and approved by the board but district Administrator Mike Aho suggested the position would manage all the sound and lighting as well as the operational aspects of the new Performing Arts Center currently under construction in the Village (expected to open in January 2025).

The facility will include the outdoor amphitheatre and stage, as well as an interior Black Box theater and various interior community rooms. All areas of the facility will be available for public rentals, and use of the lighting and sound equipment can be included in

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County Nurses Prepare for Disasters

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Department of Health Services (DHS) is taking a proactive approach by providing four Nurse Disaster Worker Trainings to ensure County nurses are prepared and well-educated ahead of a disaster.

According to Director of Public Health Nursing, Lynn Svansson, this training is important because, in an emergency, County public health nurses would move into a situation that's different than their normal workday and comfort level. By collaborating with local nursing professionals, our nurses will be equipped to provide safe and effective care to our community.

The four-part nurse training series covers a range of topics, including disaster readiness, a clinical refresher and training for shelter leaders.

In March, DHS held its



Nurses train with a dummy in a hospital bed. Courtesy photo

third training event, partnering with California State University Sacramento's School of Nursing faculty, local hospital nurses, nursing honor society members, and student nurses to provide three sessions of the

Nurse Disaster Worker Clinical Skills Refresher which began with a classroom lecture followed by lab work.

"We went through a little bit of dyadic information, as far as taking care of nonobvious

emergencies, in shelter situations. They will also be practicing some hands-on skills, basic patient assessments, mobility, how to use some of the equipment, and how to use some of the first aid equipment

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Fashion Show Provides Scholarships



The Woman's Thursday Club members celebrate another successful Scholarship Luncheon and Fashion Show. From left are Terrie O'Donnell, Trude Vasquez, Ann Snyder, Kathy Steuber, Carol Buck, Linda Poya, Judy Faught, Laurie Parker, Sheba Jackson, Kathy Poe and Pat Neufeld.



Raffle gift basket hopefuls included L to R: Beth Geraghty, Dawn Kinser, Bonnie Robbins.

Story and photos by Judy Andrews

FAIR OAKS, CA (MPG) - The Woman's Thursday Club of Fair Oaks hosted its sold-out annual Scholarship Luncheon and Fashion Show at North Ridge Country Club on April 18.

The gala has been going strong for more than 50 years and is one of the most anticipated local fundraisers and social occasions of the year.

Thanks to the generosity of club members, 14 area high school students from six schools will receive \$1,200 in scholarships to help them through college in the 2024/2025 school year.

"We are passionate about supporting education and seeing students succeed, especially since many of our members are retired educators," said Woman's Thursday Club President Terrie O'Donnell. "The fashion show is a huge draw that everyone rallies around each year."

The eligible students were invited to apply for the scholarships in early April. The Woman's Thursday Club's scholarship committee, led by Joyce Daniels, made the final selection just days prior to the luncheon.

"As moms, aunts and grandmothers, we understand the value of education and how the scholarships can help ease the high cost of college after high school," Daniels said. "We spend a lot of time reviewing each application and determining which students are awarded scholarships. Learning about their goals gives us hope for the future."

In addition to ticket sales, raffle proceeds are a significant portion of the club's fundraising efforts.

With more than 100 raffle prizes up for grabs, many of the fashion show attendees did not leave the event empty-handed. In a separate drawing, one lucky club member won a \$500 bed and breakfast gift certificate

donated by Ships and Trips Travel in Fair Oaks.

Travel agency owner and Woman's Thursday Club member Trude Vasquez chaired the luncheon and fashion show with co-chair Judy Faught.

"The fashion show is a huge undertaking and requires many volunteers to make it happen," Vasquez said. "We set the theme in October, and from there, the committees go to work."

Vasquez has chaired the fundraiser for 10 years and enjoys watching the women come together to support the event in a variety of creative ways.

This year's theme, Bee... Your Best!, was emphasized throughout the day in speaker presentations, ballroom and table decorations, and raffle prizes. Many attendees and volunteer helpers showed up wearing beehive-themed attire and accessories.

"Our members love to get into the spirit of the theme," said Marty Holmes, fashion

house and model coordinator. "From the clothes to the food, to the venue, everyone has a good time!"

Holmes had support from her co-chair Mary Mussell. For the fashion show, Holmes chose two fashion houses located at the Palladio in Folsom. White House/Black Market and Chicos supplied the models (all Woman's Thursday Club members and volunteers) with three different outfits to wear in the show.

"The women have fun on the runway modeling their clothes. The crowd gets into it, too, by clapping and encouraging them," Holmes said.

This year's models were Janice Ahrens-Porter, Patty Case, Angi Ferencz, Lisa Garcia, Marilyn Pearce and Shirley Tallchief. Their escorts were Bud Beebe and Don Neufeld.

The club's 2025 annual Luncheon and Fashion Show is scheduled for April 17. ★



Janice Ahrens-Porter models a casual outfit. Chicos and White House Black Market provided the clothes.

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Sacramento Native Relays Instructions to Sailors Aboard USS Dewey



Navy Office of Community Outreach News Release

PHILIPPINE SEA (MPG) - Boatswain's Mate 2nd Class Tramain White, top left, from Sacramento, California, relays instructions to Sailors on the aft-missile deck aboard the Arleigh Burke-class guided-missile destroyer USS Dewey (DDG 105) during a replenishment-at-sea with the Henry J. Kaiser-class underway replenishment oiler USNS Yukon (T-AO 202) while conducting operations in the Philippine Sea, March 29. Dewey is forward-deployed and assigned to DESRON 15, the Navy's largest DESRON and the U.S. 7th fleet's principal surface force. U.S. Navy photo by Mass Communication Specialist 1st Class Samantha Oblander.

Ceremony Honors Veterans

Continued from page 1

Other special guest speakers attending will be Congressman Ami Bera and State Sen. Roger Niello.

The ceremony will kick off with its traditional parade led by bag pipers and drummer Riley Groeschel, Mike Marquette and Kurt Baird. Speaker presentations will follow with a welcome and introductions from Chairperson Pete Schroeder, Fair Oaks Cemetery District Board of Trustees.

Troop 380 will conduct the flag ceremony portion of the event. Veterans of Foreign Wars Post 6158 and the American Legion Post 383 will conduct the Wreath Laying Ceremony.

A special engraved bench dedication, in honor of Ray Young, will immediately follow the service. Young founded the annual



Bagpipe players and drummer are, from left, Kurt Baird, Mike Marquette and Riley Groeschel.

Memorial Day Ceremony in 1999.

The planning committee would like to acknowledge Barbara Roper and volunteers for providing refreshments, and Clean and Sober Living in Fair Oaks for being a large part of the

ceremony over the years.

The Fair Oaks Cemetery District was established in 1902 and is located at 7780 Olive St., Fair Oaks. Veterans and their families, neighbors and community members are welcome to attend the ceremony and service on May 25. ★

Bike Fest 2024: Let's Ride!



A biker displays enthusiasm at a previous Bike Fest. Photo courtesy of American River Parkway Foundation

American River Parkway Foundation News Release

SACRAMENTO, CA (MPG) - American River Parkway Foundation is excited to announce that Bike Fest will return on Saturday, May 18 at William B. Pond Park located at 5700 Arden Way, Carmichael, CA. Save the date and get ready to participate in Bike Fest. The rides will start at 7 a.m., while the festival will begin at 10 a.m.

There will be many different highlights for people of all ages. There will be an interactive Kid Zone, where you can keep your little ones entertained with helmet decorating, obstacle courses, face painting, nature hikes, interactions with canine companions, sensory experiences, and captivating science experiments.

Also at the Bike Fest will be live music. Enjoy the lively tunes of Leaping Blennies and soak in the festive atmosphere.

There will be many food and drink options, as well. Indulge in delectable offerings from food trucks like Pinorrito, Topsy Cheese, and Chicks



A biker displays enthusiasm at a previous Bike Fest. Photo courtesy of American River Parkway Foundation

500 Degrees. Quench your thirst at the Beer Garden featuring local breweries, including New Belgium, Two Rivers Cider, River City Brewing, and Bike Dog.

Additionally, there will be bike demos and bike shops. Discover the latest bike trends and get expert safety advice from Specialized Bikes. Explore local vendors featuring Oak Park Massage, Moonscents, Isabel Emilie – Wellness Coach, Nurelle Creation, and more.

Lastly, guests can enter for raffle prizes. Enter to

win awesome prizes like a family 4 pack to the Walt Disney Museum, a cruiser bike from New Belgium Brewing, and more.

Bike Fest promises a day filled with cycling excitement, family fun, and community spirit! Don't miss out.

Ticket prices vary; adult tickets cost \$30, while children's tickets are \$15. Family bundles cost \$90 (2 adults and 2 children). Kids under the age of 8 can come at no cost. Visit <https://arpf.org/events/bikefest/> for more information and tickets. ★

County Nurses Prepare for Disasters

Continued from page 1

that's going to be available to some of these nurses," said Laura Cravens-Ray, assistant professor, California State University, Sacramento.

"Something I really wanted to learn, even before this, was wound care. So, I am really glad that we got to learn," said Darya Eslamian, public health nurse II at Sacramento County. "It's very important to have these trainings so when a disaster does happen, we are not trying to

scramble and trying to learn everything. We are as prepared as possible."

To learn more about the third part of the nurse disaster training series, which included collaboration efforts with Sacramento State, watch the "Sacramento County Nurses Prepare for Disasters with a Training in Partnership with Sac State" on the County YouTube channel. More information regarding the fourth part of the training series will be provided as it becomes available. ★

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Rep. Ami Bera Votes for Series of Bipartisan Bills to Support Ukraine and Israel



Representative Ami Bera, M.D. (CA-06). Courtesy photo

Office of Rep. Ami Bera News Release

WASHINGTON, D.C. (MPG) - On April 20, U.S. Representative Ami Bera, M.D. (CA-06) released the following statement after voting for a series of

bipartisan security supplemental bills which provide critical security assistance to Ukraine and Israel, bolster security and stability in the Indo-Pacific, and deliver essential humanitarian aid to civilians in Gaza:

“I am proud to vote to advance these critical pieces of bipartisan legislation to ensure that America rises to meet this important moment in history.

“As a senior Democrat serving on the House Foreign Affairs Committee and the House Permanent Select Committee on Intelligence, I am keenly aware of the

numerous national security challenges facing our nation and our allies and partners.

“The Ukrainian people continue to wage a valiant fight against Vladimir Putin’s unprovoked and illegal invasion. Now in its third year, Ukraine is in dire need of assistance to replenish defense stockpiles and give brave Ukrainian soldiers the support they need to win their battle for freedom and democracy. While long overdue, this bill provides urgently needed support to aid Ukraine in defending its homeland and countering Russian aggression.

“Last weekend’s unprecedented drone and missile attack by Iran on Israel underscored the strength of Israel’s defense capabilities. This legislation replenishes Israel’s Iron Dome and David’s Sling missile defense systems and provides other critical security assistance to further strengthen the security of Israel and its people. I remain supportive of the Biden administration’s efforts to restore stability and avoid further escalation in the region.

“In December, I introduced H. Res. 935 alongside Rep. Andy Kim (NJ-03), urging the Biden

administration to help facilitate the scaling up of safe, timely, and sufficient delivery of humanitarian aid to civilians in the Gaza Strip. As the humanitarian situation in the Gaza Strip continues to unfold amid ongoing conflict and instability, it is critical that we provide essential supplies including food, clean water, and medication. This bill provides additional funding to ensure humanitarian aid reaches civilians in Gaza, Haiti, and Sudan.

“As Ranking Member of the House Foreign Affairs Indo-Pacific Subcommittee, I am

committed to maintaining peace, stability, and prosperity in the Indo-Pacific. This bill provides funding to strengthen the security of our partners in this vital region.

“As a small minority of extreme Members try to stifle progress, I am proud to stand with a strong bipartisan majority that believes that America must continue to lead the free world in efforts to end the war in Europe, contain the conflict in the Middle East, and prevent a war in Asia. I call on my Senate colleagues to promptly pass these critical pieces of legislation and send them to President Biden’s desk for signature.” ★

Credit Union SACTOWN Run Raises \$216,500



Participants get off to a good start at the Credit Union SACTOWN Run. Photo courtesy of California and Nevada Credit Union Leagues

California and Nevada Credit Union Leagues News Release

SACRAMENTO, CA (MPG) - The annual Credit Union SACTOWN Run on April 7 in Sacramento raised more than \$216,500 for 11 Children’s Miracle Network Hospitals (CMN) and helped local kids throughout California and Nevada receive the medical care they need.

More than 2,000 runners participated in this year’s run, including 986 credit union employees and credit union members from across California and Nevada. The event, which started and ended on the Capitol Mall in front of the California State Capitol, featured a 10-mile race, 5K run/walk and Miracle Mile.

The run was hosted by the Sacramento Running Association (SRA), a community-based nonprofit that promotes the sport of running in the greater Sacramento area, including the California International Marathon. It serves as the USA Track and Field’s Pacific Association 10-Mile Championship.

“Thanks to incredible partners like the Sacramento Running Association and generous sponsors, runners and volunteers from across California and Nevada, we are helping countless children at Children’s Miracle Network Hospitals receive critical medical attention,” said Diana Dykstra, president and CEO of the California and Nevada Credit Union Leagues (Ontario). “Because of the amazing work of so many credit union movement supporters, we’re making a real difference for kids across both states. These funds directly support the CMN Hospital system, ensuring children and their families receive the best possible care and support. Thank you once again for creating even more miracles.”

The annual Credit Union SACTOWN Run wouldn’t be possible without the tireless efforts of credit union leaders and professionals from across California and Nevada.

Credit Union SACTOWN Run Champions, Race Times and Results
The following champions clocked the best times during the race:

-10-Mile Run Champion (men): Silas Frantz (San Luis Obispo, CA) — 47:44 (time); 4:46 (pace).

-10-Mile Run Champion (women): Cali Hauger-Thackery (Flagstaff, AZ) — 52:06 (time); 5:13 (pace).

-5K Run/Walk Champion (men): Anthony Mallory (Folsom, CA) — 16:18 (time); 5:14 (pace).

-5K Run/Walk Champion (women): Sara Wolf (Sacramento, CA) — 19:12 (time); 6:10 (pace).

-10-Mile ADA Accommodations Champion: Johnny Comilang (Sacramento, CA) — 1:38:21 (time); 9:50 (pace).

Keep an eye out for Calli Hauger-Thackery at the 2024 Summer Olympics in Paris this August.

CMN ‘Champion’: Shine DUBY’s Story

Each year, CMN Hospitals across the United States identify a “champion” in their local community to represent kids treated at the local children’s hospital. This year’s champion is Shine DUBY, a “miracle baby” who beat all the odds through medical care and support, and who ran this year’s Miracle Mile!

His story is living proof of the survivability of individuals with Pterygium Syndrome (PPS) — Bartsocas-Papas type. He’s a “shining” example of resilience in the face of adversity. Shine wouldn’t be where he is without this team at UC Davis Children’s Hospital. From the beginning, everyone supported him and always made his mother and family feel like he was cared for with loving attention and treatment. He’s now living his best life and representing CMN at UC Davis.

The annual Credit Union SACTOWN Run is for kids such as Shine and so many others across California and Nevada. Thank you to everyone who participated in this year’s event. ★

Volunteers Needed for Public Emergency Response



Sacramento Medical Reserve Corps volunteers play a vital role in assisting the injured during disasters. Photo courtesy Sac County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - When disasters occur that require onsite medical assistance, first responders can become overwhelmed by the number of victims who need help.

A group of medical and non-medical volunteers in Sacramento County answer the call and assist the injured in their time of need. The Sacramento Medical Reserve Corps (SMRC) was created to strengthen public health, emergency response and community resiliency.

The group is looking for more volunteers dedicated to public service, along with assisting during large-scale disasters, public health emergencies or extreme weather events. Sacramento Medical Reserve Corps is also always ready to help in various capacities. The volunteers assist at large community events’ first-aid stations, provide health screenings at health fairs, support public health with flu clinics and promote emergency preparedness to service organizations and neighborhood groups.

The Sacramento Medical Reserve Corps volunteers are critical in helping keep

Sacramento County protected and prepared for any situation.

For one volunteer, that dedication has not gone unnoticed. Sacramento Medical Reserve Corps member Michael Joseph was selected as one of three finalists for the 2024 Outstanding Medical Reserve Corps Responder by the U.S. Department of Health and Human Services National Medical Reserve Corps program office. The award will be announced at the 2024 National Medical Reserve Corps Conference in May.

Sacramento Medical Reserve Corps is looking for others who want to join Joseph in helping assist residents in this area. Apply online at saco.es.saccounty.gov/SacramentoMedicalReserveCorps to become a Sacramento Medical Reserve Corps member.

What if you don’t feel qualified or don’t have time but still want to help? Donations are also accepted via the nonprofit Sacramento Medical Reserve Corps Foundation. This foundation helps to offset the costs during emergency responses and assists in purchasing needed supplies.

To volunteer, donate or for more information, see saco.es.saccounty.gov/SacramentoMedicalReserveCorps. ★

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May is Mental Health Awareness Month

By Scott Knight,
The Jason Foundation

Since 1949, Mental Health America and its affiliates across the country have led the observance of May as Mental Health Awareness Month by reaching millions through the media, local events, and screenings. It raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Cities and businesses across the country hold various events to support mental health and open up the lines of communication. Many websites provide ideas for businesses to support their employees during May and beyond.

According to the CDC, suicide rates in our country increased by 36% between 2000-2021. Suicide was responsible for 48,183 deaths in 2021 alone, which is about one death every 11 minutes. We know that many mental health disorders-including depression, bipolar disorder, borderline personality disorder, and PTSD-come with heightened risk of suicidal thoughts or attempts. While seeking help for suicidal thoughts or behaviors is critical regardless of the cause, securing a specific diagnosis may help the individual receive treatment-especially ongoing treatment -that is best suited to their mental health needs.

Mental Health America says that up to 60% of people who die by suicide have major depression, and research suggests that the majority of suicides are related to a psychiatric condition. If you or someone



you know is depressed, there are effective treatments available. Talking to your doctor is a fantastic first step, and you can also visit the National Alliance on Mental Health Illness to learn more about support groups that you might find helpful.

The Jason Foundation is another valuable resource. JFI is dedicated to the prevention of the "Silent Epidemic" of suicide through educational and awareness programs. On its website, you will learn about warning signs and risk factors associated with people who may be struggling with mental health issues and suicidal ideation. JFI's website also has more information about finding a Jason Foundation location near you. We know that four out of five individuals considering suicide give some sign of their intentions, either verbally or behaviorally. In 80% of those considering suicide, we have an opportunity to recognize the warning signs and intervene. Take the time to educate yourselves on the warning signs and risk factors associated with suicide. This knowledge may help you save the life of a friend or loved one. ★

Concerts in the Park Returns for 31st Year



A previous year's concert. Photo by SpencerFields46

Downtown Sacramento Partnership News Release

SACRAMENTO, CA (MPG) - Downtown Sacramento Partnership has announced the much-anticipated Concerts in the Park series lineup, bringing live music back to downtown Sacramento on Friday evenings, May 3 through July 26, 2024 (except July 5). New this year, Concerts in the Park is expanding its footprint in Cesar Chavez Plaza to cover more than half of 10th Street and J Street. With this additional space, Downtown Sacramento Partnership has invited community partners to activate within the park, including a vintage market presented by World's Worst Expo, Silent Disco presented by Hall of Fame, an artist collective to produce a community art project, and a beauty bar provided by a local salon.

This string of musical events serves as the launch to Northern California's music festival season, offering a fun, free and safe experience for everyone to enjoy. Filled with local food vendors, artists, musicians and more, Concerts in the Park is the largest and longest-running free outdoor music festival in Northern California and showcases the talents of local and national bands and DJs at Cesar Chavez Plaza (9th and J streets) in downtown Sacramento.

"Sacramento has a rich history of being home to up-and-coming musicians and cultivating a rich music scene, and we're proud to be a part of that," said Michael Ault, executive director of Downtown

Sacramento Partnership. "As important as it is to capitalize on the momentum Sacramento is seeing with festivals, it's equally important for us to invest in people. We're excited this year to provide more spaces and platforms for local creatives and create a unique experience for Sacramento."

The dynamic and high-energy 31st Annual Concerts in the Park line-up of nearly 60 talented national and local bands and DJs includes sounds from musical artists such as Destroy Boys (Pop-punk), Michael Marcagi (Folk Rock), Kool John (Hip Hop), Felix Cartal (Electronic), and Arden Park Roots (Reggae Jam) along with popular DJs including DJ Lady Char, Complex, and DJ Oasis, just to name a few. A detailed line-up along with more information about Concerts in the Park is available here: <https://www.godowntownsac.com/events/signature-events/concerts-in-the-park/>

In addition to an expanded footprint, this year, Concerts in the Park will have surprise vendors and guests throughout the season, releasing the news on their Instagram account @cipsacramento May through July.

A production of Downtown Sacramento Partnership, Concerts in the Park 2024 is proudly sponsored by Dignity Health, Xfinity & Comcast Business, Donaghy Sales, FOX40, Republic Services, Audacy, and Visit Sacramento. For more information about downtown Sacramento, please visit GoDowntownSac.com. ★

Dignity Health and Aetna® Reach Agreement

Dignity Health News Release

SACRAMENTO REGION, CA (MPG) - Dignity Health and Aetna, a CVS Health Company, have reached agreement on a new, multi-year contract that allows Aetna members to maintain in-network access to Dignity Health services, facilities and providers in Arizona, California and Nevada. The effective date of the new agreement is April 1 and health care services received by Aetna members since April 1 will be covered at the members' in-network benefit levels.

"This is a win for our patients who deserve access to local high-quality care," said Robert Quinn, MD, president of Dignity Health Medical Foundation. "Our goal in working with Aetna has always

been about ensuring we can meet the needs of our patients today and in the future. This agreement ensures we can continue to provide value-driven care for Aetna members."

Said Cathy Hughes, Aetna vice-president and chief network officer for the Western and South-Central region, "We are committed to serving Aetna members with access to quality, convenient, affordable care through our network of providers. We are pleased to reach an agreement with Dignity Health that enables us to continue working together to meet the health care needs of our members."

Aetna members can call the number on their Aetna member card for more information. ★

FORPD Approves Capital Projects, Possible New Position

Continued from page 1

the rental cost. Rather than allowing facility renters to handle that equipment themselves, designating a specific employee to oversee operations will protect the district's investment and ensure the equipment is used properly.

Aho said that one year of funding would allow time for the facility to become fully operational, at which point the facility's goal is to generate enough revenue to cover the cost of the ongoing position. The position could potentially be advertised as limited term, because if the facility does not bring in enough revenue to justify continuing the position, then that role would be eliminated.

The board voted to approve the funding, and the official position will come back to the board for final approval in the coming months. If the position is approved at that time, then the recruitment, hiring and training would begin at the end of this year.

The board also reviewed an application for Congressman Ami

Bera's Fiscal Year 2025 Congressional Directed Spending Request. The district is requesting \$1.4 million for assistance in funding ADA (Americans with Disabilities Act) improvements in Village Park. The improvements have mostly been completed already as part of the Village construction project, with a focus on increasing accessibility into the park with new crosswalks and entrances. Aho said this will be a first, because there has never been appropriate ADA access into the park until now.

Staff said an application requesting reimbursement for ADA improvements would be the most likely to receive approval and the board voted unanimously to support the application.

At the last Fair Oaks Recreation and Park District meeting, a public comment expressed concern about a lack of communication with the public about construction in the Village. In a report in April, the district's board heard what

staff have done to address this issue, including a renewed effort to ensure Community Updates are posted to the district's website each month, as well as signs placed around the Village so community members can scan QR codes and be directed to the updates.

According to the Community Update for April, rain caused some more delays to exterior work but interior work continued, with bathroom renovations in the Community Clubhouse and sanding and painting inside the Performing Arts Center. Bobo Construction worked on preventing and removing standing water so exterior work could resume as quickly as possible, to continue work on grading around the Clubhouse, as well as curb and gutter installation on the roads.

The next Fair Oaks Recreation and Park District Board of Directors meeting is scheduled for 6 p.m. May 15 at the Fair Oaks Water District, 10326 Fair Oaks Blvd., Fair Oaks. ★

Well, while many Kings fans are getting over the disappointment of missing the playoffs by the narrowest of margins, others are pacing the floor wondering if fan favorite Malik Monk will be lighting the beam for the Sacramento Kings next season.

The situation is complicated, as it usually is when big money gets involved, but I have always lived with the adage, where there's a will there's a way. And there definitely is a way!

It may involve the restructuring of contracts, but by all means, Malik deserves to be paid what he's worth in the NBA world. No doubt his agent is receiving genuine interest from other teams, but at the end of the day, it will come down to where Malik's heart is, and whether the Kings can come close to the numbers being offered.

I don't believe the Kings will have to present the absolute highest offer, but it needs to be so close as to make Malik feel the value he brings to this team. Malik Monk could easily be described as a combination of Davion Mitchell and De'Aaron Fox with his dazzling ball handling and fierce defense, all rolled into one.

For me, his intangibles are nearly as important as his stellar court play. Malik is the consummate team player, and brings a style of effervescence that makes him a fan favorite like no one else.

Whether your guy is Domantas Sabonis, or De'Aaron fox, or Keegan Murray, watching Malik Monk strip off his warm-ups and step to the scorers table is tantamount to watching Shohei Ohtani step into the on-deck circle. Everyone in the arena knows something exciting is about to happen, and they are nearly always right!

So as the second round of the playoffs begin, Sacramento fans hold their collective breath as negotiations take place behind the scenes.

What we do know, from Malik's own lips, is that he wants to be a starter, and can anyone doubt that that is where he belongs?

Cross your fingers and say your prayers Kings fans, because Malik has indicated his strong desire to stay in Sacramento, so it remains to be seen if the powers that be

can make that happen. Without a doubt, it is a moment in Monte McNair's young career as a GM that will speak loudly one way or the other.

As the first round of playoffs concluded, I couldn't help but notice the New Orleans Pelicans will be watching the second round from home on their TVs. Yes, the vaunted Pelicans that bested the Sacramento Kings all six times they met this season, and eventually would keep them from a second straight appearance in the playoffs.

True the Pelicans did not have Zion Williamson in the lineup, but the question needs to be asked, how can the Kings defeat teams like the Celtics, Denver Nuggets, Phoenix Suns, Golden State Warriors, Indiana Pacers, Minnesota Timberwolves, and both Los Angeles teams, but not put up a single win against the Pelicans?

Parity has become the singular most common term for the NBA in recent years, but when it comes to the Pelicans, the Kings don't know the definition. Why you ask? What is apparent to me is the size and length of the Pelican players, and in particular the perimeter players.

Bottom line, we don't match up with the Pelicans, period.

Yes, Malik Monk is the front burner, a critical piece that needs to be given immediate attention, but without a doubt, the Kings need to find more length in their front court.

The Gilgeous-Alexander's of the world are not easy to find, but that is the task that Monte McNair needs to put before him, and although it may seem like an insurmountable piece to find, it's not impossible.

Add to this list a bruiser with skill to play alongside Sabonis, and Kings fans won't be on the edge of their seats next season as the playoffs approach.

I, for one, think the offseason can be a real opportunity for the Kings, and with the cornerstones that are already in place, there has not been a time in the past 20 years that the Kings are this close to becoming a championship contender.

Have faith Kings fans, and it never hurts to say your prayers! ★



Sacramento Suburban Kiwanis Club Hosts 66th Art Fiesta

Sacramento Suburban Kiwanis Club News Release

SACRAMENTO, CA (MPG) - Sacramento Suburban Kiwanis Club is proud to host the 66th Kiwanis Art Fiesta at the Scottish Rite Masonic Center, located at 6151 H St. in Sacramento, on Saturday and Sunday, June 1 and 2. Show hours are from 10 a.m. to 4 p.m. that Saturday and from 10 a.m. to 3 p.m. that Sunday.

After decades of being an outdoor show at Town & Country Village and then Pavilions Shopping Center, this is the second Art Fiesta year at the Scottish Rite location. The air-conditioned comfort, spacious facility and ample parking lot provide an ideal location for this iconic event.

Meet the artists, browse the fine art pieces and purchase quality art for yourself, family, and friends. Most art media, including painting, pottery, photography, glass, woodwork, fine textile, and jewelry will be for sale. There is no charge for admission.

Food and beverages with a fiesta theme, catered by "Taste for the Senses," will be sold. Enjoy breakfast, snacks, lunch and dessert items while meeting the artisans. While at the show on Saturday, take time to vote for your personal favorite fiesta artist.

The Sacramento Suburban Kiwanis Club, chartered in 1952, is a community service organization dedicated to serving the Arden-Arcade community in Sacramento. The club has sponsored the Art Fiesta since the show's inception. As Sacramento Suburban Kiwanis' largest fundraising event of the year, the Art Fiesta is a juried art show ensuring unique, original creations.

"Come out and share this wonderful variety of quality art with the whole

family while both meeting and supporting local artists and helping Sacramento Suburban Kiwanis fund its many community and youth-assistance programs," said Art Fiesta chairperson and long-time Kiwanian Tom Fleischmann. "Suburban Kiwanis Club sponsors four high school Key Clubs (Mira Loma, El Camino Fundamental, Rio Americano and Rosemont) as well as a Builders Club at Cowan Fundamental School. These youth programs teach leadership, communication, and community service skills. Additionally, the club sponsors Boy Scout Troop 53."

Other programs that the club sponsors include Kiwanis Family House, River City Food Bank, Sierra Arden Food Closet, Boys and Girls State, Wellspring Women's Center, Sacramento Crisis Nursery and Just for Kids, a program for children who have an immediate family member diagnosed with cancer.

Sacramento Suburban Kiwanis Club is part of Kiwanis International, a global organization of volunteers dedicated to improving the world, one child and one community at a time. Kiwanis and its family of clubs, nearly 600,000 members strong, help raise more than \$100 million annually and dedicate more than 18 million volunteer hours to strengthen communities and serve children!

Sacramento Suburban Kiwanis meets on the first and third Wednesday of the month from 12:10 to 1:10 p.m. at Seasons 52 at Arden Fair Mall. For more information about the club or Kiwanis in general, call Tom at 916-834-1870 or visit online at www.sacramentosuburbankiwanis.org. Meet Art Fiesta artisans and follow Sac Suburban Kiwanis on Facebook at [SacramentoSuburbanKiwanis](https://www.facebook.com/SacramentoSuburbanKiwanis) and Instagram at [@SacSuburbanKiwanis](https://www.instagram.com/SacSuburbanKiwanis). ★

California is Starting to Grow Again - Is that a Good Thing?



By Dan Walters, CALMatters.org

After Jerry Brown became governor of California for the first time nearly a half-century ago, he declared that the state had entered "an era of limits."

Citing "sluggish economic growth, increasing social instability, widespread unemployment and unprecedented environmental challenges," Brown told state legislators in his 1976 state of the state speech, "In place of a manifest economic destiny, we face a sober reassessment of new economic realities, and we all have to get used to it."

At the time, his rather gloomy observation seemed to be in line with current events. California had seen startling population growth and economic expansion in the decades after World War II, becoming the most populous state in 1962 during the governorship of Brown's father, Pat Brown.

However, population growth slowed in the 1970s after the postwar baby boom had waned. By then the state's economy was undergoing a dramatic, dislocating transformation from industrialism to post-industrial domination by trade, services and technology.

As it turned out, however, the conditions Brown cited, which he translated into fiscal austerity for state government, were merely a pause, not a permanent new reality.

California boomed in the 1980s, with Ronald Reagan's administration pumping many billions of dollars into the state's aerospace sector for a military buildup and a population surge driven by waves of migration, mostly from Latin America and Asia, and a new baby boom.

Between 1980 and 1990, California's population increased by more than 6 million people to nearly 30 million. The 26% gain meant California gained a whopping seven new congressional seats after the 1990 census.

However, things began to slow down shortly thereafter. In the 1990s, the end of the Cold War with the Soviet Union manifested itself in sharp cutbacks in military spending, leading to a recession and an exodus of aerospace workers and their families.

Population grew slowly over the next two decades and declined during the COVID-19 pandemic as stay-at-home workers fled to states with less expensive housing, foreign immigration slowed, the death rate rose and the birth rate declined.

However, a new report from the state Department of Finance's demographics unit says that after four years of population loss, California gained a tiny bit in 2023, "driven by decreased mortality and a rebound in legal foreign immigration."

The gain was 67,000 residents, bringing California's population to 39,128,162, the department's demographers found as they calculated the various factors that influence population changes. What they call "natural growth" – births minus deaths – increased from 106,700 in 2022 to 118,400 in 2023,

largely because the death rate dropped after spiking upward during the pandemic.

California's 1980s baby boom is just a faint memory, however. At one point Californians were producing more than 600,000 babies each year, the equivalent of more than one birth every minute, but the state's birth rate has dropped to a record low and it now has one of the nation's lowest fertility rates, according to a new study released this week.

The Birth Industry Lawyers Group, which specializes in maternity legal issues, used federal data to report that California's fertility rate over the past several years, 55 per 1,000 women, is below the national rate of 58.8 and ninth lowest among the states. South Dakota is the most fecund state with a 71.2 fertility rate, followed closely by North Dakota.

The new Department of Finance report projects that with the effects of pandemic worn off, California's population will continue to grow, albeit slowly.

The new data raise an old question: Is California better off with an increasing population or do the demands of more people just make things more complicated by increasing competition for jobs, housing and other necessities of life?

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. He began his professional career in 1960, at age 16, at the Humboldt Times in Eureka, while still attending high school, and turned down a National Merit scholarship to continue working as a journalist. ★

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Social Security Matters

Widower's Retirement Stymied by Social Security's "WEP" and "GPO" Rules



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My wife passed away 4 years ago. I want to retire so called SSA and was told I can collect my own SS at 62, reduced by WEP. My wife's SS was greater than mine, but they said I do not qualify for hers at age 60 because of the GPO. This seems odd that I get zero for her, however I can collect mine at the two thirds reduction at 62. Is this true? This zero dollar amount places my retirement on hold for now. I was counting on her SS. **Signed: Discouraged Widower**

Dear Discouraged: The Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) are two of the most confusing (and unpopular) of Social Security's myriad rules. From the way you describe your conversation with the Social Security Administration, it doesn't appear to have concluded with you fully understanding how these provisions work, so allow me to elaborate.

WEP and GPO affect anyone who has a retirement pension from a federal, state, or local government agency which did not participate in Social Security, meaning neither the employee nor the employer paid into Social Security based on

the employee's earnings. Obviously, you have such a pension, which means that WEP will reduce any Social Security retirement benefit you have earned from other employment where SS payroll taxes were withheld, and the GPO will affect any survivor benefit you are entitled to.

WEP affects only the SS retirement benefit you earned elsewhere; WEP does not affect any surviving spouse benefit you might be entitled to from your wife. Rather, it is the GPO which affects your survivor benefit, again because of your state retirement (called a "non-covered pension" - one earned without contributing to Social Security). The GPO will reduce any surviving spouse benefit you might be entitled to by 2/3rds of the amount of your "non-covered" state pension. Depending on the size of your state pension, that reduction may entirely eliminate your surviving spouse benefit from your wife.

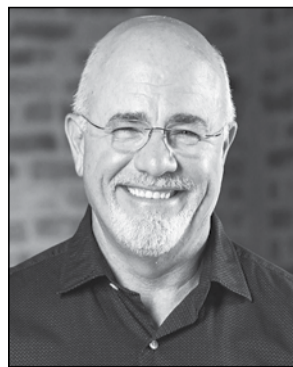
Under normal SS rules, a surviving spouse does not become eligible for survivor benefits until they reach age 60 (age 50 if disabled). Normally, a surviving spouse benefit claimed at age 60 is reduced by 28.5% and it is the GPO (not WEP) that will affect your survivor benefit whenever you claim it. However, even without GPO, your age 60 survivor benefit amount would be only 71.5% of the amount your wife was receiving (or entitled to receive) at her death. If you are already collecting your non-covered state pension when you claim your SS survivor benefit from your wife, then that reduced age 60 survivor benefit would be offset by 2/3rds of

the amount of your state pension. And that (according to what Social Security told you) is what eliminated your age 60 eligibility for a surviving spouse benefit from your wife. If you don't claim it at 60 your survivor benefit will continue to grow until you reach your full retirement age (FRA) of 67, but if 2/3rds of your state pension is more than 100% of your SS survivor benefit, you still won't get any surviving spouse benefit from your wife's record.

A further consequence of your non-covered state pension is that the SS retirement benefit you earned elsewhere will be reduced by WEP. WEP will reduce, but cannot eliminate, your Social Security retirement benefit. The WEP formula is complex but, generally, your WEP-based Social Security retirement benefit will likely be roughly half of what you would get if you did not have a state "non-covered pension." You could claim your WEP-reduced SS retirement benefit as early as age 62 or, if financially feasible, delay longer to get a somewhat higher (but still reduced) amount.

Just FYI, your state employer had an obligation to fully inform you of the consequences of not contributing to Social Security while earning your state pension. It appears as though they may not have fulfilled that obligation.

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). ★



Where's the Money Going?

Dear Dave,

I have a roommate, and we've shared the same two-bedroom apartment for about three years. During that time, we've always had an agreement that we would split the bills fifty-fifty. But for the last several months, he's been very late paying his half of the bills. There have even been a few times when he didn't pay his part at all, and I had to cover the entire bill. We both work good jobs, so money isn't an issue. He says he's broke, but when I ask him where all his money goes, he just shrugs and acts like he doesn't know. We're good friends, so I don't want to be cruel. How can I approach him about the situation?

- Mikhail

Dear Mikhail,

No matter whether you're talking about

Dave Ramsey Says

friendships or business dealings, to be unkind. Believe me, I understand you don't want to be mean to a friend. But situations like this should always be addressed directly and quickly, before things get out of hand.

You said you were good friends, and not just roommates, right? My advice is to suggest a night where you both just hang out at the apartment. Offer to pay for dinner to be delivered, and just relax and watch a movie or a game together. Before the night's over, tell him there's something you've been wanting to talk to him about, and begin an understanding—but firm—conversation about the last few months and the situation with the bills. Let him know he's a good friend, and you enjoy his company, but the roommate agreement isn't working out because he's not living up to his agreement to pay half the bills. Give him every chance to give a reasonable explanation for things, but make sure he understands that you two aren't going to be able to be roommates much longer unless he starts paying on time. Being understanding is

key in a situation like this, Mikhail. You don't want to approach him with a bunch of accusations, but at the same time, you need to know what's going on. Maybe he needs help learning to budget money properly. You said both of you have good jobs, so that means his money has to be going somewhere. The problem is it sounds like it's not going to the right places.

When a friend is having a rough time, you should always do what you reasonably can do to help. But in this case, he's got obligations he needs—and agreed—to live up to. Do what you can, but in the end, he should understand it's time for him to get his act together.

- Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS This Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions ★

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Baa-aad News for Fire Fuels



Goats receive captions from Sacramento County. Image courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - We've got some exciting news for ewe (ok, no more puns)! The Sacramento County Department of Regional Parks is gearing up for its multi-pronged efforts to reduce fire risk, defend wildlife habitats and protect our natural resources and the neighborhoods adjacent to the parks.

For its 2024 Fire Fuel Reduction Action Plan, the Department of Regional Parks has lined up sheep and goat grazing contracts, is utilizing park maintenance crews (and other manned crews through contracts with the California Conservation Corps and Sacramento Regional Conservation Corps) to maintain fire breaks, and is issuing fuel break maintenance permits to properties bordering Regional Park properties.

"We had another wet winter and a surprisingly wet spring, so we anticipate a similar vegetation situation that we found ourselves with last year," said Liz Bellas, director of Regional Parks. "As all this vegetation dries out, the fire risk increases, so the work we are doing, and the work our contractors are doing is going to be critical this year."

To decrease the number and size potential of wildfires in our parks system, the techniques used will be applicable for each area and will include:

Firebreaks - A combination of mowing, soil discing and targeted herbicides will be used where appropriate to create perimeters around open fields, along fence lines and behind neighborhoods. This work is scheduled to be completed by the end of June.

Ladder Fuel Hand-Crews - In limited, hard-to-reach areas, hand-crews will remove vegetation that allows the potential

for a fire to climb up or move into urban areas.

Grazing - There are hundreds of acres of undeveloped or protected land in our Regional Parks. Goats and sheep are ideal for vegetation management and are great at eating down weeds, bushes and grass that manned crews cannot get to. Grazing is expected to occur through the end of June.

Annual Encroachment Permits - Residents who live adjacent to Regional Parks' properties are able to apply for free annual encroachment permits to maintain a fire break behind their property line. These allow residents to string-trim grass and weeds for up to 50 feet beyond their private property line. To request a permit, provide your name, address and contact information to Regional Parks at parksinfo@SacCounty.gov.

Additionally, the Ranger Division will continue its increased education and enforcement efforts related to illegal fires and cooking along the parkway in an effort to reduce the number of new fire outbreaks.

"These efforts have been paying dividends over the last two years," said Leonard Orman, chief ranger. "In 2023, there were a total of 65 fires in our parks, down from 85 in 2022, and 170 in 2021."

Visitors to Sacramento County Regional Parks should be aware of the following regulations: Open flame fires are NOT allowed, and barbecuing is only permitted in designated picnic areas. Smoking is only allowed in developed picnic areas, asphalt surfaces, golf courses and levee tops along the American River Parkway.

Visit the Regional Parks website to learn more about the 2024 Fire Fuel Reduction Action Plan for Sacramento County Parks. If you see a fire burning in our Regional Parks, please call 9-1-1. ★



Bring On Spring

We think of springtime as renewal, a time of living life to the fullest. But let's be honest, there's also a thing called spring fever, and we tend to go drifting off into a world of 'I'll do that tomorrow.' According to Dr. Susan Smith-Jones, there are ways to enrich your life in springtime and it can be fun too. Dr Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition, life balance and peaceful living. She travels the world in search of tools to make life positive and has authored some 30 books on lifestyle and good living to make it so. From "The Curative Kitchen and Lifestyle" and "Thrive" along with her latest "Uplifted" 12 minutes to more joy, faith, peace, kindness and vitality. She strives to get you to a better place in any season of the year. Bring on spring with these simple tips.

- 1. LISTEN TO MUSIC.** Music is the food for the soul and an instant way to gain peace of mind. Enjoy your favorite music daily.
- 2. DEEP BREATHING.** Take five long slow, deep breaths. This is a quick and easy way to instantly feel calm.
- 3. ENJOY NATURE.** Too much concrete is never a good thing. Spending time in nature can actually make you feel younger and happier.
- 4. PLAY WITH A PET.** Playing with a pet is a great way to de-stress. Touch is a powerful sense and eases tension and promotes peace.
- 5. DE-CLUTTER.** Have regular clear-outs. Clutter can add to feelings of tension and a clean, clear home allows a

cleaner, more peaceful mind. **6. SENSE OF HUMOR.** Laugh a lot. The world is instantly a better place when you can see the funny side of life. **7. HAVE GOALS.** Goals keep us going in the right direction and give us a sense of purpose. Create short term and long term goals. **8. FROLIC.** All work and no play will stress anyone out. Make time for things you enjoy. Approach life with a playful attitude. **9. LET IT GO.** There are some things you just cannot change, no matter how hard you try. Know when to cut your losses and detach. (Just like Elsa does in the movie "Frozen"). **10. CULTIVATE GRATITUDE.** Focusing on all things in our lives that we are grateful for promotes inner calm and reminds us that there are always positives. **11. SLOW DOWN.** Why does everything need to be accomplished today? Often, we place unrealistic pressure on ourselves when there is no need to. Challenge your impatience. Be mindful and enjoy life in the moment. **12. BE KIND.** It's free and it makes a difference. When we show kindness, it gives us an inner boost too. Live more by the golden rule.

You can check out Dr. Jones at www.SusanSmithJones.com and don't forget to sign up for her FREE monthly newsletter at her website for great information and positive affirmations. Let this Spring take you to new heights of your life. ★

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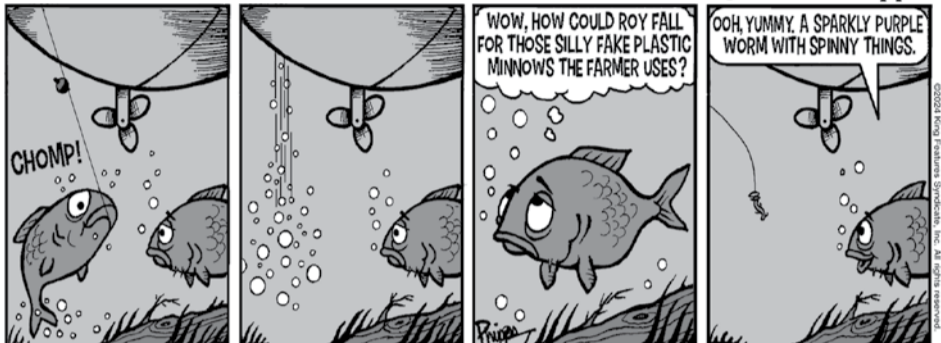
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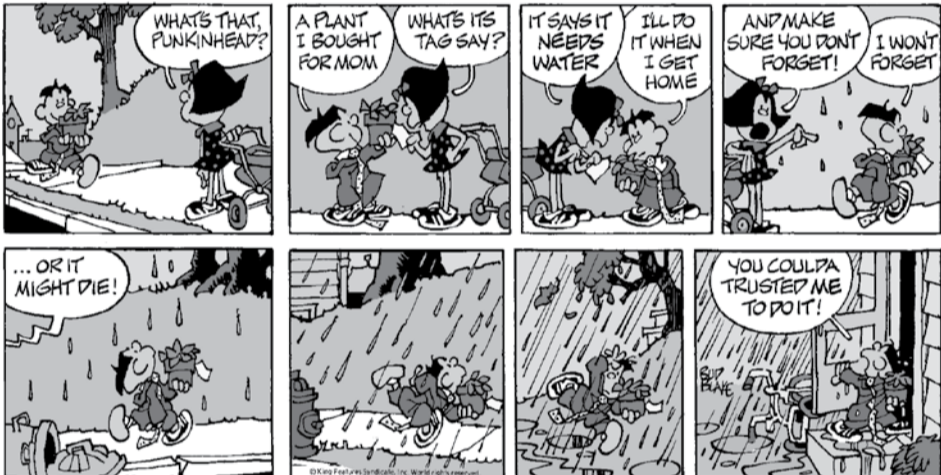
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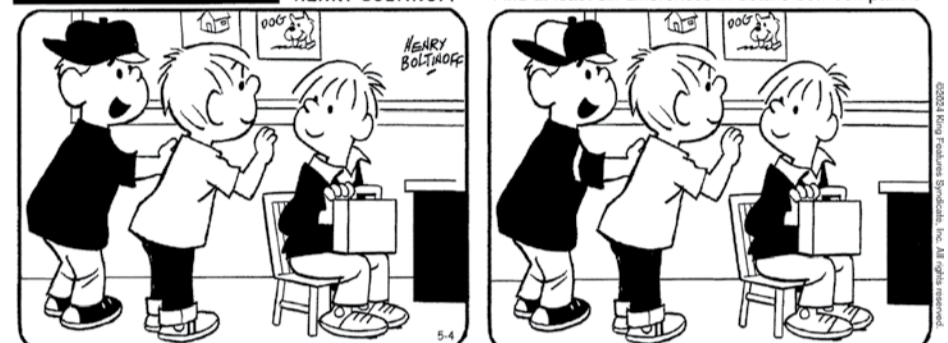
TIGER



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Desk is moved. 2. Chair rung is higher. 3. Snakers are different. 4. Cap is different. 5. Chair rung is wider. 6. Stripe is added to sleeve. 7. Sticker is different.

GRIN & BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



B	L	O	C		C	O	D		B	E	E						
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- CLUES**
- ACROSS**
- Country alliance
 - Fish of liver oil fame
 - *Stinging pollinator
 - Prefix in levortary
 - *Dark home to #33
- DOWN**
- Sudden growth
 - Like certain Steven
 - Symphony member
 - Type of feather
 - *Comfy seat (2 words)
 - Don't put these into one basket?
 - Full nelson is ___ wrestling ___
 - Santa ___, Orange County
 - Putts down
 - Et cetera (3 words)
 - Pen point
 - With signs of wear and tear
 - Beyond natural, in U.K.
 - Messes up
 - Chitchat
 - Willow twig
 - Evening purse
 - Win a race
 - Tucker of "Modern Family"
 - Army bathroom
 - Eucharist plates
 - Opposite of WSW
 - French composer Erik Alfred Leslie ___
 - "Back to the Future" antagonist
 - *Beate with Wings
 - Poodle minus d
 - England's medieval royal house
 - Rabbit's cousin
 - Nymph chaser
 - Genealogist's creation
 - Blackhearted
 - George Gershwin's brother
 - "For ___ a jolly..."
 - It often goes with a rod

CROSSWORD

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