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East Sacramento News

VOL 33 • ISSUE 09

Bringing You Community News For Over 30 Years

MAY 10, 2024



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Free Car Show Charms in Pocket/Greenhaven

Story and photos by Kristina Rogers

SACRAMENTO, CA (MPG) - On the first and second Friday of the month, the parking lot at 7485 Rush River Drive turns nostalgic. Fabulous classic cars in bright yellow, cherry red, and shiny aqua blue fill the lot. As I arrive, "A Whole Lotta Shaken Goin' On" by Jerry Lee Lewis is being belted out over the outside speakers at Device Brewing Company.

I walk up to find Ben Valencia and his friends selling tickets for a raffle. It's a "50/50" raffle, which means prize winners receive 50% of the ticket-sale revenue while the other 50% is used to maintain the raffle. This week, there's a table full of bottles of wine, coffee, auto repair kits, and tools. The kids are included, too. Valencia said, "Each kid here gets a free Hot Wheels toy." He grins, "We tell them they win it, but every kid gets one."

While guests relax under the patio, noshing on good grub and chatting with the raffle dudes, others walk the lot and admire the cars. Van Watts told me he only lives two blocks away, and this is the first time he's been. He had his eye on a refurbished 1956 Chevy Impala. He said, "This is just like the one I had when I was in high school in 1962. I worked over the summers for my father, who was a painter, to get that car." He marveled at the interior: "I can't get over how much space is in these cars compared to today! You can sleep in the back; believe me, people did!"

I talked to Everett Pace, who gave me ZZ Top vibes which I found out was pretty close to the mark. He told me about his 1940 Ford Deluxe Coupe (The band was known for their Eliminator '33 Coupe popular on MTV). It was in bad shape when he got it; the body was pulled apart, ers are okay with keeping the body a and it didn't have any wheels. Being bit rough. They tease each other over a mechanic, Everette knew precisely

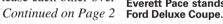


Classic autos sit in front of Device Brewing Company in Pocket/Greenhaven.

"It took me 2 1/2 years to restore it. When I rolled out of the garage, I drove it to the Autorama and won first place that year," Pace said. That was the 60th Sacramento Autorama in 2010.

He's been driving it ever since, putting in around 100,000 miles to visit car shows and enjoy the ride. Everette and his pretty yellow coupe are regulars at this event, which he's been attending for two years.

In the parking lot, owners sit in the camp chairs drinking brews and eager to tell you about their cars. Most have fully restored their autos, while oth-





Everett Pace stands in front of his 1940

Emergency Response

Volunteers

Needed

for Public

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

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 promotes emergency preparedness to service organizations and neigh-

borhood groups. The Sacramento Medical Reserve Corps volunteers are critical in helping keep Sacramento County protected and prepared for any situation. Apply online at sacoes.saccounty. gov/SacramentoMedical ReserveCorps to become a Sacramento Medical Reserve Corps member.

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.

for more information, see sacoes.saccounty.gov/Sac ramentoMedicalReserve-Corps.

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To volunteer, donate or

Neighbors Sow Native Plant Garden

By Kristina Rogers

SACRAMENTO, CA (MPG) - In early 2023, as Jane Kiser walked by Plaza Cervantes Park at Freeport and 11th Avenue, she became annoved with the dead garden and overgrown weeds. The area looked more like an empty lot than a welcoming neighborhood spot to enjoy on a beautiful day.

"I hadn't been much of an advocate up to that point," Kiser said, but she was frustrated with the blighted space. She contacted Joe Flores, the Parks commissioner, and last July neighbors came and ripped out weeds, black sheeting, dead bushes, and trash. After it was cleaned, the next step was to plant something, but what?

"I decided to post on Facebook in the College Plaza Neighbors Group for ideas," Kiser said. "It didn't take long for the gardening enthusiasts to respond. They suggest a

Continued on Page 9



Jane Kiser and Dave Roberts stand at the Native Plant Project at Plaza Cervantes Park. Photo by Kristina Rogers

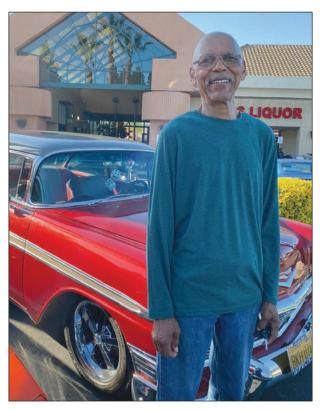
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Free Car Show Charms in Pocket/Greenhaven



Van Watts remembers his own 1956 Chevy.

Continued from Page 1 who's the best at owning the worst. It's all about having fun and appreciating the cars.

This crew keeps their sense of humor intact, too. Classic car culture enjoys

sharing hard truths with a bit of fun via vanity plates like "OLDNFAT" and "BROKENOW."

Ben Valencia reminded me luxury sportscars from any decade are invited. Feel free to join



Fully restored Chevy beauties sit alongside one in need of bodywork.



Purple Perfection rests in the parking lot.

the group and bring your 1957 Porsche 356, 1960s Jaguar E-type, or your C8 Corvette with scissor doors.

And if you are looking to buy a classic, the lot had a 1960s VW Bug in good

condition at a reasonable price.

Guests told me there are two other spots to get a regular "classic car fix." One is Mike's Tuesday Night Cruise in Elk Grove from 4 p.m. to 8 p.m.



A C8 Corvette sits with its scissor doors open.

(9139-3 E Stockton Blvd), p.1 and the other is Burger Junction at 7900 Florin no Road on Saturdays from 4

p.m. to 8 p.m.

If you have a spare afternoon, treat yourself to a good car show. ★

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 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 VP 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. ★







Sacramento Autorama Announces Award Winners

Rod Shows News Release

SACRAMENTO, CA (MPG) -

The O'Reilly Auto Parts Sacramento Autorama, one of the world's longest-running indoor car shows, closed out its 73rd annual event on Sunday, May 5, at Cal Expo by recognizing some of the country's finest custom cars with trophies and prizes. Overall, the show hosted over 500 world-class custom vehicles and handed out more than 400 individual awards during its closing ceremony.

The show's prestigious Custom d'Elegance award was presented to Cliff Mattis for his 1957 Chevrolet Convertible. Built by Lucky 7 Customs, this spectacular custom has been channeled by 2" and the frame was moved up to allow the car to sit as low as possible. Each piece of handcrafted copper trim has been fit, filed and chromed. The Roadster Shop chassis houses a vintage-look LS motor and the elegant leather interior was completed by Gabe Lopez. Mattis received \$5,000 in prize money courtesy of ARP Fasteners.

New for 2024, the show crowned the World's Most Beautiful Lowrider. The inaugural award went to Carlos Martinez's jaw-dropping 1964 Chevrolet Impala convertible. The lilac-painted "Indigenous Angel" features fabrication and assembly by American Muscle Cars, wheels and intricate engraving by Chavez Engraving, hydraulics by "Big Rob" Barajas and spectacular murals



Brent Schieder's '37 Ford Cabriolet won the Best of the West award. Photos courtesy of Rod Shows



The show's prestigious Custom d'Elegance award was presented to Cliff Mattis for his 1957 Chevrolet Convertible.

by Tim Lowery. Martinez bested five other lowriders for the first-ever award. For the second consecutive year, the West Coast Challenge Car Show Series presented by ARP Fasteners crowned its Grand Champion during

the Sacramento Autorama. Brent Schieder was presented with the Best of the West award for his 1937 Ford Cabriolet, beating out eight other vehicles that competed in at least three of four select car shows in California, Oregon and Washington. Schieder received a \$12,500 prize, while second- and third-place finishers Scott



Chip Foose poses with a fan at the Sacramento Autorama.

Cooper (1970 Chevy El Camino) and Gary Holyoak (1932 Ford Roadster pickup) received \$6,500 and \$3,500, respectively.

The King of Kustoms award sponsored by Celebrity Kustoms returned in 2024, honoring the best custom-styled car or truck manufactured from 1936 to today. Mike McAuliffe's winning



Building C at the Sacramento Autorama was full of pristine vehicles.



The World's Most Beautiful Lowrider award went to Carlos Martinez's jaw-dropping 1964 Chevrolet Impala convertible.

1953 Ford Victoria show-cased the crucial elements of this award, including overall design, flow, quality and workmanship of bodywork, paint and interior. McAuliffe will receive a bespoke Jostens ring engraved with his name and car.

"We brought together all the best parts of the Sacramento Autorama with a few new elements for 2024, and we are delighted with how Northern California's incredible car community responded," said John Buck, owner of Rod Shows and producer of the Sacramento Autorama. "This year, we celebrated hundreds of custom hot rods and muscle cars alongside lowriders, trucks, bicycles and more, and it wouldn't be possible without the car owners and builders who bring their incredible entries to the show."

Other significant awards included the four historic "Big B Awards." Dave Zocchi won the H.A. Bagdasarian World's Most Beautiful Custom Award for his immaculate 1936 Ford.

The Sam Barris Memorial Award, named in honor of legendary custom car builder Sam Barris, is selected by members of the Barris family. They chose "Lucille," a beautiful 1951 Mercury built by Cambra Speed Shop for Gary Stell Jr., as the car featuring the best metalwork, alignment of body panels and paint.

The Joe "Candy Apple

Red" Bailon Memorial Award was designed and created by Bailon, one of the nation's premier custom car designers and builders. This year, the award was presented to John D'Agostino's 1941 Cadillac designed by Oz Welch.

The last of the "Big B Awards," the Dick Bertolucci Automotive Excellence Award, was given to a vehicle manufactured before 1973 that the family of the late hot rod and custom builder Dick Bertolucci felt exhibited the best craftsmanship in assembly, fit, finish and detail. This year, the Bertolucci family selected Schieder's Dominator Street Rods-built 1937 Ford Cabriolet for the trophy.

Sunday's popular Pinstriper Charity Auction raised \$10,000 for UC Davis Children's Hospital, which is dedicated to improving lives and transforming health care.

For more information about the Sacramento Autorama, the complete list of 2024 award winners and updates on upcoming Rod Shows events, please visit rodshows.com.



Religious Fashion Not God's Style

I sometimes receive emails from readers telling me they love my columns so much they read them to their Bible study group.

It's a nice compliment, but on the other hand, I work hard to make this column about spirituality in everyday life, not just Sunday school life.

I want it to appeal to those who are unconnected or disconnected to church. And because of that I encourage editors to place me on the community pages or the Living section and off the church page.

And please, keep me as far as possible from the fashion pages. I'm definitely not a fashionable

But if I was writing a fashion column, I'd tell vou about my trip last week through the St. Louis airport where I saw men of various ages dressed in, well, I-don't-know-what.



I saw a young man with trousers riding low enough to qualify him for entrance into the Plumbers Union. I saw old men wearing pants high enough to double as a face mask. And of course, more than enough middle-aged men wearing sweatpants to accommodate their growing bellies.

The fashion didn't improve much on the plane, where I sat across from a girl with fingernails painted traffic-cone orange. She was prewired to her phone and didn't notice me.

With

fashion-challenged children of God, airport crowds do make a good segue. Cue Bible study.

That's because the airport crowd reminded me of the one Jesus likely encountered as he walked into a city looking to recruit a Band of Brothers who would change the

Like me, he was a people-watcher, just not as smug as me. Go figure.

Unlike me, he had a keen eye for the quality of the soul over the quality of the fabric, the cut of a man's character over the cut of his shirt.

This is the Jesus used to quickly single out an eager young recruit named Phillip who followed him without so much as blinking.

Exhilarated at being chosen, Phil found his bud, Nathanial, and begged him to come and meet the teacher from Nazareth.

"Nazareth?" Nat rightly exclaimed, "You've got to be kidding."

No, Phil wasn't kidding. "Come see for yourself," he challenged.

Upon meeting Nathanial, Jesus quickly pronounced, "Now, here's the real deal. Not a false bone in his body."

Nat, not easily moved by flattery, asked, "Where'd you get that idea? You don't know me."

Nat was partially right. The two had never been formally introduced, but Jesus had observed Nathanial on several occasions where he sat under a fig tree, deep in thought.

It was obvious to Jesus that there was something different about Nat.

What was it?

The best translation of the scripture says that Nat was a man "without guile." That means he didn't try to hide who he was. He didn't demonstrate any pretense in his choice of clothing, friends or mannerisms.

"Why not?" you ask. Well, it's not because he was intrinsically happy with who he was. He knew he was not completely accessorized, so he was

willing to undertake a fearless inventory of his soul closet. And I think it was his

self-awareness about truly lacking something that made him a prime candidate on the first-round draft pick for a disciple.

In that moment, Nathanial discovered the most profound truth of all: God is always able to pick us out of the crowd. But he sees us best when we lay aside our pretense and all the religious fashion that goes with it.

Next week, I return to regular programming in the everyday life sections.

And, just to be clear, if this were a fashion column, I surely wouldn't be the author.

Readers: I return to Honduras next month to help establish the 86th library for Chispa Project. As of this date, the library isn't fully funded.

Can you help us reach our goal to create six new libraries this year, reach 4,000+ more students and 200 teachers and buy 9,000 new books? Every \$100 donation will provide library access to four children.

Give online today at Chispaproject.org/chaplain or make check to "Chispa Project." Send to 10556 Combie Rd. Suite 6643 Auburn, CA 95602, Email comment@thechaplain.net or message at (843) 608-9715. www.thechaplain.

ABOUT TOWN

Elks Lodge Calendar of Events

Farmer's Market, 9 am-1 pm every Saturday.

Elks Lodge Sunday Breakfast, 8:30 am-11 am every Sunday. Bring your friends and family; \$15 tax included. Best deal in town. Made to order Omelets or eggs any way you want.. Bacon, sausage, potatoes, biscuits and gravy, pancakes, waffles, coffee large parties should call for reservations. Guests are VERY welcome!

Water Aerobics, 10 Monday Wednesday 2 pm, Friday

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

Martial Arts, Monday

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

To sign up or confirm schedule, join playtimescheduler.com

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

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

Karaoke

Thursday 7 pm Saturday 7:30 pm

Friday Happy Hour, Friday 4-7 pm

Line Dancing, 2nd and 4th Fridays

Land Park Softball

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

Early Bird Registration is NOW OPEN!

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

Friends of Sutter's Fort **Discounted Admission Rates**

Friends of Sutter's Fort, in partnership with Sutter's Fort State Historic Park, is proud to

present a series of family-friendly events and activations this fall highlighted by holiday themed movies, an all-ages concert, and adventurous self-guided evening tours by flashlight or lantern

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

Visitors can observe the rehabilitation project firsthand and tour the Central Building, which remains

For more information, please visit www.suttersfort.org Elks 6 Volunteer

Opportunities - PM Crew - We welcome any-

one willing to work but especially if you have experience in mechanical, electrical, general contracting, painting, or plumbing the lodge really needs you.

- Bar Back - Help out

the paid bartenders for large events. - Bartender - Riverside

bar for Elks events There will be a meeting for volunteer bar tenders some time this week. email or text Sue Hill

if you want to be on the meeting list

- Sunday Breakfast -Cook, Serve, bus tables

- Wednesday Night Dinners - Help or adopt a night one time or once a month

- Join the membership committee.

Help at membership booth at Farmers Market, Man a membership booth at the Craft Fair or Parking Lot Sale, Make phone calls to members.

If any of the above sound like something you would enjoy doing, please contact me for more information. Call or text Sue Hill 215-327-7712.

66th Sacramento Suburban Kiwanis



www.KiwanisArtFiesta.org

Featuring art from more than 70 artisans: paintings, pottery, glass, photography, jewelry, and more.



SCOTTISH RITE MASONIC CENTER

6151 H ST., SACRAMENTO, CA 95819

Saturday, June 1, 10:00 am - 4:00 pm Sunday, June 2, 10:00 am - 3:00 pm



Sacramento Taxpayers 62nd Annual Banquet

The Status of American Journalism Siyamak Khorrami

General Manager of Epoch Times and host of the California Insider Show.





Sacramento's Finest Italian Cuisine!

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\$85 Non-Members-Includes 1-Year SacTax Membership!

May 16th

Location: RSVP for event location

5:30PM Cocktails and Networking / 6:30PM Dinner / 7:00PM Program Dress: Outdoor Casual / This event sells out! Only 100 seats available.

Special Thanks to our Sponsors!

Sacramento county Supervisor Sue Frost • Cliff Wylie, Warehouse Interiors Foundation for Harmony and Prosperity

Reservations: https://www.sacramentotaxpayers.com/calendar Sponsorship information: Nick Bloise, benthomas1775@gmail.com / 916-217-5136 c

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Bike Fest 2024: Let's Ride!

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.

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 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.



Riders from a previous Bike Fest smile in front of the live music stage.

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, Tipsy Cheese, and Chicks 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, Moonscent, Isabel Emilie – Wellness A cyclist displays enthusiasm at a previous Bike Fest. Photos courtesy of American River Parkway

Coach, Nurelle Creation, and more.

Lastly, guests can enter for raffle prizes. Enter to win awesome prizes like a family four-pack to the Walt Disney Museum, a cruiser bike from New

Belgium Brewing and

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 are free. Visit arpf.org/events/ bikefest/ for more information and tickets.

SHEEP WORK HARD FOR THE MONEY SO HARD FOR IT, HONEY... SHEEP WORK HARD FOR THE MONEY

Baa-aad News for Fire Fuels

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - We've goat 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 combi-

nation 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 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.

Visit the Regional Parks website to learn more about the 2024 Fire Fuel Reduction Action Plan for Sacramento County Parks.

Sacramento Summer Crime Prevention Tips

By Capt. Zachary Bales, south area commander, Sacramento Police Department

Summer is about to be here, and before you know it, we will be wishing for that evening Delta breeze! Summer in Sacramento is the perfect time to soak up the warmth and enjoy all the exciting activities the season has to offer. But while you're out and about, it's important to keep safety top of mind. Here are some tips to ensure your summer stays sensational, without any unwanted surprises, and needing Sacramento Police Department services:



Captain Zachary Bales, Photo courtesy of Sacramento Police

1. Secure Your Castle: Before you embark on your summer escapades, give your home a safety check. Lock up tight, install exterior lighting, consider a security system, and trim hiding spots for any potential uninvited guests.

2. Keep Your Valuables Out of Sight: Don't tempt fate by leaving your prized possessions in plain view. Keep them safe and secure, and out of sight from prying eyes.

3. Watch Your Words (and Posts): We all are excited about our summer plans, but sharing them on social media could tip off the wrong crowd. Crooks take advantage of those selfies taken and posted in real time at the airport. Share your adventures after you return home to keep your home safe while you're away.

4. Neighborly Love: Get

those shrubs to eliminate to know your neighbors and locking up. Don't and watch out for each other. A strong community is a safe community. Let your neighbors know if you are going to be away and ask them to keep an eye out for anything out of

the ordinary. 5. Stay Alert in Public Places: Summer events are the highlight of the season, but they can also attract opportunistic thieves. Keep your belongings close and your wits about you. Pickpockets are not a thing of the past. Many of us forget we are carrying around a very expensive electronic all the time!

6. Fortify Your Ride: Keep your vehicle safe by parking in well-lit areas

leave valuables in plain sight; stash them in the trunk or take them with you. Remember with your vehicles to Take, Lock,

7. Don't Fall for Scams: Scammers love summer too, but not in a good way. Stay sharp and don't fall for unsolicited requests for personal information or money. The police department will never contact you with requests for payments over the phone, nor do most other reputable institutions.

8. Be the Watchful Eye: If you see something fishy, say something! Your vigilance could be the key to stopping a crime in its

tracks. Trust your instincts.

9. Stay Informed: Keep up with local news and crime alerts to stay one step ahead of any potential trouble. You can follow the Sacramento Police Department on Facebook, Instagram, Nextdoor or on the SacPD Mobile app.

With these tips in your back pocket, you can enjoy a summer filled with fun, sun, and safety in Sacramento! Let's make this summer one to remember, for all the right

reasons. Capt. Zachary Bales joined the Sacramento Police Department in 2002 and is currently assigned to the Office of Operations South Command.



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 events to support mental health and open the lines of communication. Many websites provide ideas for businesses to support employees during May and beyond.

According to the Centers for Disease Control and Prevention (CDC), suicide rates in our country increased by 36% between 2000 and 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 might 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 visit the National Alliance on Mental Health Illness to learn 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

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 might help you save the life of a friend or loved one.

Salmon Poisoning Disease Warning Given to Dog Owners

California Department of Fish and Wildlife News Release

SACRAMENTO, CA (MPG) -

Salmon Poisoning Disease is a potentially fatal condition seen only in dogs after they eat certain types of raw or cold smoked fish such as trout and salmon that are infected with a bacteria-like organism, Neorickettsia helminthoeca, which is transmitted by the parasitic flatworm (or "fluke") Nanophyetes salmincola.

Nanophyetes salmincola occurs naturally in waters of Northern California and most of the north state can be considered the fluke's native range. But dogs throughout the state are susceptible. Dog owners are advised to be cautious and to keep their dogs away from salmon, steelhead, trout and other freshwater fish carcasses. The parasite cannot survive in cooked fish, is not harmful to humans and does not affect pets other



Dog owners in California are reminded to take precautions to protect their pets from salmon poisoning disease. Photo courtesy of California Department of Fish and Wildlife

If your dog has eaten or is suspected of eating raw fish, watch for signs of the disease. Symptoms are similar to distemper and might include some or all of the following: a rise in body temperature, loss of appetite, vomiting, diarrhea, listlessness and/or rapid weight loss. If signs of the disease appear, promptly take your dog to a veterinarian. Salmon Poisoning Disease is treatable if caught in time. If untreated, death usually occurs within two weeks of eating the infected fish. Without treatment, 90

percent of dogs showing symptoms die.

While all fish caught or originating from California streams could potentially be infected, the California Department of Fish and Wildlife cautions that trout stocked in some waters in the department's North Central Region are more likely to be infected with the flukes that cause Salmon Poisoning Disease.

Weekly fish stocking information is publicly available at the California Department of Fish and Wildlife Fish Planting Schedule web page at wildlife.ca.gov.

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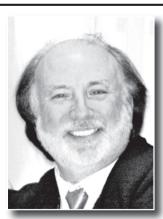
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Sacramento Suburban Kiwanis Club Hosts 66th Art Fiesta

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,

a.m. to 3 p.m. that Sunday. After decades of being an outdoor show at Town

June 1 and 2. Show hours

are from 10 a.m. to 4 p.m.

that Saturday and from 10

& 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.

Sacramento The 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 longtime 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

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

For more about Kiwanis, call Tom at 916-834-1870 or visitsacramentosubur bankiwanis.org.

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 recently relayed 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). Operations were being conducted in the Philippine Sea.

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 $\overline{\text{Class}}$ Samantha Oblander.

Matsui Praises Moves to Boost Semiconductors

Congresswoman Doris Matsui News Release

WASHINGTON. (MPG) - On April 8, Congresswoman Doris Matsui (D-CA), co-author of the Creating Helpful Incentives for the Production of Semiconductors (CHIPS) for America Act, issued the following statement after the Department of Commerce announced a preliminary memorandum of terms to provide up to \$6.6 billion in direct funding for Taiwan Semiconductor Manufacturing Company (TSMC) under the CHIPS and Science Act. This proposed funding would support TSMC's investment of more than \$65 billion to construct three leading-edge fabs in Arizona. These fabs will produce some of the world's most advanced semiconductors critical to national security and



of Doris Matsui

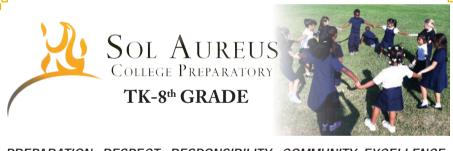
consumer products like smartphones, AI datacenter servers, and more.

"Today's announcement is another milestone on our road to reassert America's global innovation leadership," Matsui said. "These investments will ensure a secure pipeline of some of the most advanced semiconductors in the world - mission critical components our national security apparatus needs to succeed. As co-author of the original CHIPS Act, I am pleased to see this legislation working as intended - bringing innovative economic anchors to communities across the country, protecting our national security, and creating good-paying jobs for American workers. I will continue to work hard to ensure we maximize these investments moving forward."

Congresswoman Matsui introduced the original CHIPS Act in June 2020 alongside Congressman Michael McCaul (R-TX) and Senators John Cornyn (R-TX) and Mark Warner (D-VA).

She successfully included an amendment based on the CHIPS Act as part of the FY21 National Defense Authorization Act (NDAA) to enable the building and modernization of semiconductor manufacturing facilities in

She also led efforts to secure this funding through the CHIPS and Science



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Neighbors Meet Challenge for New Native Plant Garden

Continued from Page 1 native plant garden."

Someone connected Kiser to the Sacramento Valley Chapter for California Native Plants.

Along the way, Dave Roberts joined in. Roberts used his landscaping and plant expertise to design the space. He created a list of 28 California native plants with names like Summer Snow, Calistoga, Pink Island Foam, Valley Violet, Blond Ambition, and Bee's Bliss.

The project was taking shape, and volunteers were ready to help. The next hurdle was how to secure funds for the plants and supplies.

Kiser explained, "City Parks could help but didn't have the money for this project. Then, a neighbor suggested we apply for a Sacramento Perennial Plant Club grant." The timing was perfect, as grant applications were being accepted.

Then, another tiny snag: Kiser needed a 501(c)(3) organization to help apply for the grant with her. She contacted the Land Park Community Association, which responded swiftly, eager to join the effort.

The application went through, and the LPCA distributed the funds for the supplies.

Things were moving along again until another roadblock appeared: heavy rain was expected on the scheduled planting date. Kiser and Roberts scrambled to change plans.

Volunteers hustled and worked from 8 a.m. to 5 p.m., two days before the storm arrived. Commissioner Flores and City Parks staff brought the mulch and spread it throughout the space.

Now, it's Mother Nature's turn to do her part. Roberts said, "We expect the yarrows and grasses to come up first; flowers take a bit longer."

He noted, "Grasses are considered 'pioneer plants' that build a soil web for plants to flourish. By spring, we should see some color. Normally, a native landscape takes around five years to mature."

He also shared how the soil food web is critical to building a healthy natural environment for plants and animals. It helps protect against pests, diseases and weed growth. It can also reduce the need for using pesticides.

Finally, regenerating soil to a healthy, natural state can support climate change efforts by creating a carbon-reducing environment. Roberts recommends visiting the website www. soilfoodweb.com to learn more about the soil food

Kiser and Roberts are not finished yet; they also plan to install an 18-by-24-inch plaque. It will describe the plants and the benefits of native foliage.

For instance, native plants are drought-tolerant, but once folks are trained to care for them, they're easy to maintain and cost-effective.

And Roberts noted, "They create an environment where good bugs thrive," meaning pollinators like bees, butterflies



Dave Roberts at work on volunteer planting day. Photo by Jane

and ladybugs. Birds and lizards will enjoy the garden, too.

Funds are being secured for the plaque. When it's ready, a community event will celebrate the installation.

Kiser has been bitten by the "advocate bug" and continues to support native plant gardening. She's in the early stages of contacting neighborhood schools to get youth more involved. She has spoken to Sacramento City College and is also interested in connecting to McClatchy High School (Principal Egan: Is there a native plant club there?).

Roberts explained, "You always want your garden to be a catalyst for other projects." And possible projects could involve our city, too. For instance, the Old City Cemetery on Broadway and Riverside Boulevard could be an excellent opportunity to create a robust native plant garden. Plus, other



example of what will sprout in the new garden. Photo by Kristina Rogers



Native Plant Project at Plaza Cervantes Park. Photo by Kristina Rogers

neighborhood spots around Sacramento should be considered.

More trees will be added to Plaza Cervantes Park as well. Joe Flores plans to schedule a time to plant around nine trees in the small park later this year.

Roberts said he is pleased that the Parks Department has been more engaged and hopes to work with them on future projects.

These climate-friendly efforts help meet Sacramento City's goals to improve climate change

Passionate gardeners, neighborhood volunteers,

Jane Kiser and Dave Roberts are ready to accept new challenges!

To visit the Sacramento Perennial Plant Club website go to: www.sacplants.

The Sacramento Valley Chapter of California Native Plant Society is at: www.sacvalleycnps.org. ★

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Dogs Take the Lead and Support SPCA at Land Park



Some dogs got a stroller ride at the Doggie Dash.



Doggy Dash, like the one carried by the woman in green.



Some dogs wore tutus in an attempt to be best-dressed.



A photograph taken from ground level does a better job of capturing the expressions of the dogs. Hello!



This man wrangled two dogs at the Doggy Dash.



This dog receives some love at the Doggie Dash.

Story and photos by Kristina Rogers

SACRAMENTO, CA (MPG) -On April 20, Sacramento let the dogs out to participate in the 31st Annual SPCA Doggy Dash. Over 2,000 people and their canine companions went to William Land Park to enjoy the sunny Saturday. Dogs and their people registered for either a 5k or 2k run in the tree-filled park. Some pooches ran alongside their owners, while less athletic and senior dogs enjoyed the view from a wagon or stroller.

The pet festival was a vibrant hub of activity, with over 100 vendors offering a diverse range of services. From pet daycare and veterinary care to dog training, there was something for every pet owner. Posh services included pup boutiques, "barkcuterie boards" and pet portraits.

Professionals of the four-legged variety were also represented. Officers from Sacramento's Police Canine Association brought their working dogs for photos, and provided information about the program. Several rescue organizations were also present, advocating for specific breeds such as corgis, basset hounds, German Shepards, malemutes and golden retrievers. Mixed breed rescues like Resilient Dog Rescue brought in adoptable dogs, adding an opportunity to find a forever home by the end of the day

Many dogs arrived in tutus and outfits to win in the best-dressed arena. There were also contests for the most enthusiastic tail wag and best kisser. And other pups competed in a doggy peanut butter eating contest. Obstacle courses and plastic pools were spread around the area so every dog could burn their energy and cool off. Humans had a chance to grab lunch at a food truck and enjoy some downtime at The Watering Bowl, a VIP beer, wine, and cocktail garden.

Dawn Foster, SPCA director for marketing and communications, expressed the significance of the Doggy Dash event, stating, "This is not just a fun event, it's a community effort. All the money raised today stays right here in the Sacramento community, directly benefiting over 40,000 animals every year."

The funds raised help to offset costs for spay/neuter, vaccines, surrender intake and adoptions. There are also educational programs and affordable options for senior pet owners and low-income families.

As of this article, the Doggy Dash had earned over \$200,000 in registration fees. The money is still being tallied from the beer garden and food truck proceeds.

To learn more about the SPCA and to get involved, visit sspca.org. ★



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