



Credit Union  
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Free Car Show  
Charms in  
Pocket, Greenhaven

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# Land Park News

VOL 33 • ISSUE 09

Bringing You Community News For Over 30 Years

MAY 10, 2024

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2024:  
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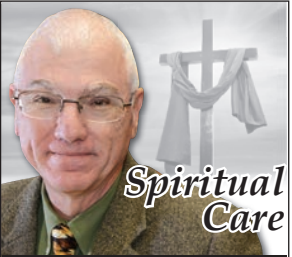
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**BAA-AAD  
NEWS FOR  
FIRE FUELS**



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**RELIGIOUS  
FASHION NOT  
GOD'S STYLE**



*Spiritual  
Care*

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## Neighbors Meet Challenges for New 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 annoyed 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 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



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

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

*Continued on Page 2*



## Volunteers Needed for Public Emergency Response

**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 promotes 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.

Sacramento Medical Reserve Corps seeks those who want to assist residents in this area.

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.

To volunteer, donate or for more information, see [sacoe.sacounty.gov/SacramentoMedicalReserveCorps](https://sacoe.sacounty.gov/SacramentoMedicalReserveCorps). ★

## Dogs Take the Lead and Support SPCA



Participants — children, adults and canines — participate in this year's Doggy Dash at William Land Park.

**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

*Continued on Page 3*



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# Neighbors Sow Native Plant Garden



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



Native plants at Land Park WPA Rock Garden. This is an example of what will sprout in the new garden. Photo by Kristina Rogers



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

Continued from Page 1 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

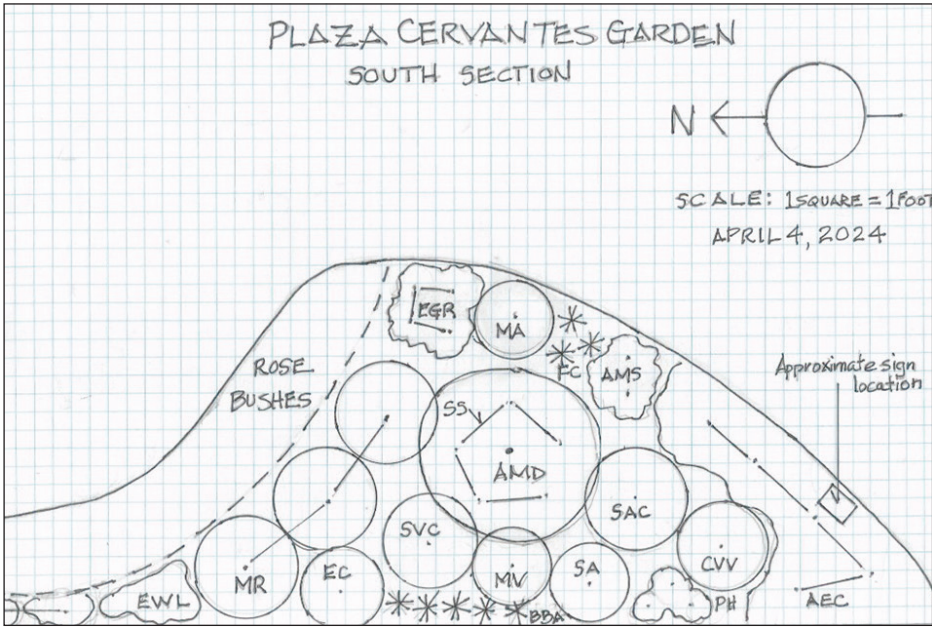
expect the yarrows and grasses to come up first; flowers take a bit longer.”

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](http://www.soilfoodweb.com) to learn more about the soil food web.

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.



A map of the garden designed by Dave Roberts. Photo by Kristina Rogers

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 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 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 for all.

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.org](http://www.sacplants.org).

The Sacramento Valley Chapter of California Native Plant Society is at: [www.sacvalleycnps.org](http://www.sacvalleycnps.org). ★

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Beautiful home with 3 bedrooms and 2 bathrooms, living room, dining area and spacious kitchen. The spacious and open kitchen has been updated with Corian countertops and tons of storage. Home also features a primary suite with bath. Wood floors have been newly refinished and the carpet in the living room was replaced in February 2024. Outside there is a covered deck, a patio, beautiful landscaping and lots of space for entertaining. Little Pocket is located close to William Land Park, Sacramento Zoo, Sacramento City College, shopping and restaurants. Come see this stunning home and discover why Little Pocket is such a highly coveted place to live.

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This home features 4 bedrooms and 2 remodeled baths, living room with fireplace, formal dining area, primary suite and inside laundry room. The kitchen has been remodeled and boasts granite countertops, stainless steel appliances, beautiful custom cabinets, a dining bar and a breakfast nook. Outside there's a lushly landscaped yard with beautiful mature trees and a sparkling pool for summer entertaining. Located adjacent to a local park and near Sacramento City College, the Sacramento Zoo, restaurants and shopping. This beautiful property is the perfect place to call home.

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This dog receives some love at the Doggie Dash at William Land Park.



This dog had it cool, and easy, taking part in the Doggie Dash festivities in the backpack of its owner.



This man wrangled two dogs at the Doggie Dash.



Some dogs were carried at the Doggie Dash, like the one carried by the woman in green.

# Dogs Take the Lead and Support SPCA



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

Continued from Page 1

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. This includes a pet food pantry, a lifeline for owners and their pets during difficult financial times.

While the event was focused on dogs, the organization also offers services for cats, such as funding a feral/community cat program that helps to maintain healthy feline colonies in specific areas.

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, go to their website at [www.sspca.org](http://www.sspca.org).

★



Some dogs wore tutus in an attempt to be best-dressed at the Doggie Dash.



This dog wears shades and a Seahawks bandana at the Doggie Dash.



Some dogs got a stroller ride at the Doggie Dash.

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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



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

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



A cyclist displays enthusiasm at a previous Bike Fest. Photos courtesy of American River Parkway Foundation

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 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 and a cruiser bike from New Belgium Brewing.

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/](http://arpf.org/events/bikefest/) for information and tickets. ★

# 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 wild-fires 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



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

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 [park-sinfo@SacCounty.gov](mailto:park-sinfo@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. ★

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ABOUT TOWN

**Victorian Fun Fair**  
**Saturday, April 27**  
2 p.m. - 6 p.m., Sacramento Historic City Cemetery. Free entry. All ages. Bring a picnic blanket, some snacks, and come enjoy a peaceful afternoon in the cemetery. There will be a scavenger hunt, croquet, fortune telling, snacks, and mini tours all available with donations. Dressing up Victorian or steampunk is encouraged.

**Volunteer for Land Park on May 4**  
9:00 am - 11:30 am: Join your Neighbors to support William Land Park and help clean it up on Park Work Day on May 4th.

**Your Elks 6 Lodge Needs Your Help!**  
Help is needed in the office from 9 - 3 Monday through Friday to answer phones, sell event tickets etc.  
We also need help in the Rental office to answer the phone.  
If you can lend a hand even if it is half a day or one day per week, please contact me and I will get your information to the appropriate person.  
For questions or to volunteer call or send text message to Sue Hill 215-327-7712.

**Land Park Softball**  
Softball is back in Land Park and will now be a part of the Land Park

Pacific Little League organization. Early Bird Registration is NOW OPEN!  
Visit [1pp11.com/](http://1pp11.com/) registration to register and learn more.

**Elk's Lodge Calendar of Events**  
**Farmer's Market,** 9 am-1 pm every Saturday.  
**Elk's 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,** Monday 10 am, Wednesday 2 pm, Friday 10 am  
**Yoga,** Monday 12 pm, Wednesday 3:30 pm. Lodge members free.  
**Martial Arts,** Monday 5 pm  
**Pickleball,** Mon & Wed 9 am-12 pm, Thu 4:30-7:30 pm, Sun 4-7 pm  
To sign up or confirm schedule, join playtimescheduler.com  
**Improv Night,** 2nd & 4th Wednesdays, 6-8 pm  
**Wednesday Night Dinner,** 5:30 to 7 pm  
See [elks6.net](http://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

**Sacramento Area Museums Showcase Region's Farm-to-Fork Roots All Year Long**  
The Greater Sacramento region is rich with popular museums and destinations that offer diverse and enriching experiences for individuals, families, residents, and visitors alike. Given the critically important role agriculture continues to play in the region, many local museums offer special exhibits, experiences and activations that highlight ever-enduring Farm-to-Fork connections. A sampling of some of the Farm-to-Fork offerings at local museums includes the following:  
**California Agriculture Museum** – Woodland is home to an entire museum focused on agriculture, filled with a unique collection of harvesters, wheel and crawler-type tractors, combines, trucks, art, artifacts, rotating interactive exhibits and much more.  
In all, the museum tells the history of Farm-to-Fork, dating back to the Gold Rush era and how the industry evolved from horse drawn to steam

driven to fuel powered machines to harvest and transport California's bounty.  
**California State Railroad Museum & Foundation** – A Fruit Growers Express refrigerated rail car is on permanent display inside the Museum's Roundhouse. Museum visitors can explore this historic rail car and exhibit, "Farm to Fork: A Public History," and learn about how refrigerated rail cars enabled California farmers, growers, and producers send farm-to-fork freshness all over the country.  
Visitors can step inside the historic Fruit Growers Express rail car to see how the ice-cooled rail cars transported produce and built an agricultural system that exports more wealth than the California Gold Rush.  
Plus, the popular weekend excursion train, Sacramento Southern Railroad – currently on pause due to an important rail repair project – runs on the historic Walnut Grove Branch Line.  
This rail line transported pears, asparagus, celery, seeds, and other products from the Delta communities to markets nationwide.  
**Sacramento Children's Museum** – Young visitors hungry to learn about fresh food have a variety of options at the Children's Museum, including at the

miniature Leo's Market and Leo's Food Court (a miniature market of food carts), about bees and honey with the in-house beehive, and an interactive train table highlighting Sacramento's agricultural landscape in miniature, complete with mini livestock.  
Plus, the Children's Museum will be at the Farm-to-Fork Festival (September 22-23) sharing vegetable stamp printing with visitors.  
**SMUD Museum of Science & Curiosity** – MOSAC's interactive exhibits bring the story of water to life, demonstrating how our region is working together to conserve this natural resource for now and future generations. The "Water Challenge" exhibit lets museum visitors actively shape a watershed's flow, create a tune for saving water at home, and choose between local or non-local foods to buy based on how everyday decisions impact conservation efforts — all while learning about the environmental footprint along the way.  
**Utility Exploration Center** – The City of Roseville's Utility Exploration Center (UEC) is a testament to the region's commitment to sustainable living and resource conservation.  
The UEC acts as an educational hub, encouraging residents and visitors alike to delve into the intricacies of energy and water conservation, waste reduction, and sustainable practices.  
For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at SacMuseums.org.

**Friends of Sutter's Fort Announces 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 light.  
For those interested in visiting inside Sutter's Fort State Historic Park (open from 10 a.m. to 5 p.m. daily), all Fort admission fees will be waived for the duration of a major roof replacement and seismic stabilization project that is currently underway.  
Visitors can observe the rehabilitation project firsthand and tour the Central Building, which remains open.  
For more information, visit [suttersfort.org](http://suttersfort.org). ★

Credit Union SACTOWN Run Raises \$216,500

**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 non-profit that promotes the sport of running in the



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

again for creating even more miracles.”

**Credit Union SACTOWN Run Champions**  
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 A D A**

**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. ★

★ ★ ★

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# 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 Department

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

those shrubs to eliminate 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

to know your neighbors 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

and locking up. Don't leave valuables in plain sight; stash them in the trunk or take them with you. Remember with your vehicles to Take, Lock, Hide!

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.* ★

# 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. ★

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# 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 guy.

But if I was writing a fashion column, I’d tell you 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



*Spiritual Care*  
**BY NORRIS BURKES**

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 so many 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 world.

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, Nathaniel, and begged him to come and meet the teacher from Nazareth.

“Nazareth?” Nat rightfully exclaimed, “You’ve got to be kidding.”

No, Phil wasn’t kidding. “Come see for yourself,” he challenged.

**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.**

Upon meeting Nathaniel, 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 Nathaniel 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, Nathaniel 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](http://Chispaproject.org/chaplain) or make check to “Chispa Project.” Send to 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Email [comment@thechaplain.net](mailto:comment@thechaplain.net) or message at (843) 608-9715. [www.thechaplain.net](http://www.thechaplain.net). ★

## Matsui Praises Moves to Boost Semiconductor Production



Doris Matsui Photo courtesy of Doris Matsui

### Office of Congresswoman Doris Matsui News Release

**WASHINGTON, D.C. (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 consumer products like smartphones, AI data-center 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 America.

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



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## A man with glasses and a green long-sleeved shirt stands next to a red classic car. In the background, a liquor store with a sign that says "LIQUOR" is visible. The man is smiling and holding a small object in his hand. The car has a license plate that says "EXHIBIT".

A vibrant purple 1935 Ford coupe is the central focus, featuring custom flame-style paintwork in a lighter shade of purple. The car is parked on an asphalt surface, likely at a car show, with other vehicles and people visible in the background. The car has a prominent chrome grille, round headlights, and a chrome bumper. The wheels are custom multi-spoke designs.

A man with a white beard, wearing a black leather vest, a black leather hat, and blue jeans, stands next to a bright yellow vintage car. The car's hood is open, revealing a custom engine. The man is holding a wooden cane in his right hand and a coffee cup in his left. The scene is outdoors on a sunny day with palm trees in the background.



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