



Free Concert by
Bridgeway Choir
for Mother's Day

PAGE 5

Sacramento
Summer Crime
Prevention Tips

PAGE 5



Pocket News

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MAY 10, 2024

SEE
INSIDE

BIKE FEST
2024:
LET'S RIDE!



PAGE 5

BAA-AAD
NEWS FOR
FIRE FUELS



PAGE 9

RELIGIOUS
FASHION NOT
GOD'S STYLE



PAGE 8

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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 care to dog training, there was something for every pet owner. Posh services included pup boutiques, "barkcutterie 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 Shepherds, malemutes and golden retrievers. Mixed breed rescues like Resilient Dog Rescue brought in adoptable dogs, adding an opportunity to find a



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

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

Continued on Page 2

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 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

Continued on Page 3



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



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.



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Dogs Take the Lead and Support SPCA at Land Park



Some dogs got a stroller ride at the Doggie Dash.



Some dogs were carried at the Doggie 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 Doggie Dash.



This dog receives some love at the Doggie Dash.



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

Continued from Page 1

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 Doggie 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 Doggie 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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LIC #342701040



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

Neighbors Meet Challenges for New Native Plant Garden

Continued from Page 1
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 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 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.

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.

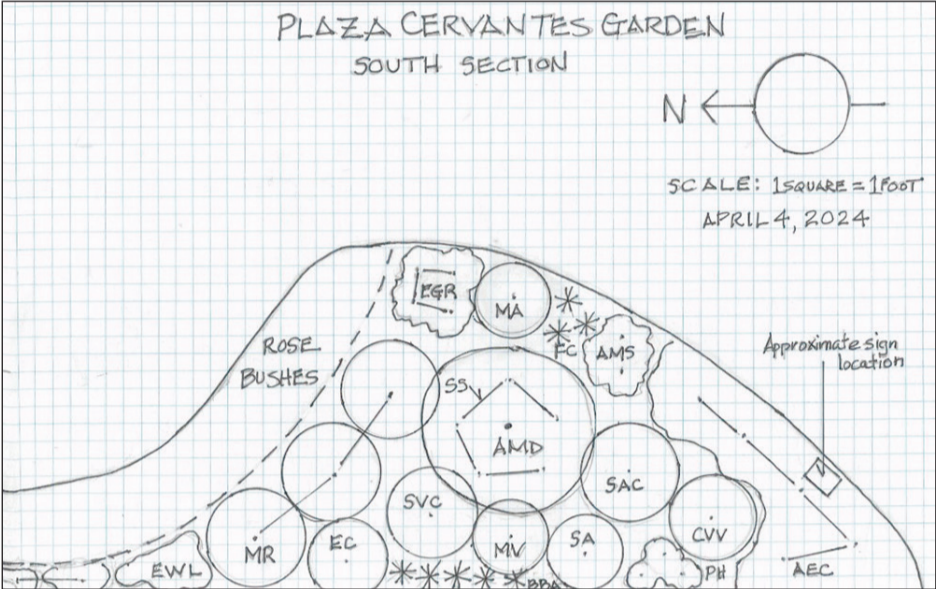
Kiser has been bitten by the “advocate bug” and continues to support native plant gardening. She’s in the early stages of contacting neighborhood schools to get youth more involved. She has spoken to Sacramento City College and is also interested in connecting to McClatchy High School (Principal Egan: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



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



A map of the garden designed by Dave Roberts. 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

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, Kiser and Roberts are ready to accept new

challenges!

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

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

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May is Mental Health Awareness Month

Salmon Poisoning Disease Warning Given to Dog Owners

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

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

than dogs.

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. ★

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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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.

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, Tippy 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, 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 are free.

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



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



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

Free Concert by Bridgeway Choir for Mother's Day

Elks 6 News Release

SACRAMENTO, CA (MPG) - Elks 6 Mother's Day tribute will be open to the public starting at 9 a.m. on Sunday, May 12, at Elks 6 Lodge, 6446 Riverside Blvd.

The Lodge officers will present their traditional tribute to mothers, but this year's program will have a special free performance by the Bridgeway Choir from 9 to 10 a.m. (They have performed at the State Capitol.)

Also, the Elks 6 Lodge will have an organist for the first time in many years.

Elks 6's President Sue Hill said, "This is a touching ceremony on its own, but with these additions people will really not want to miss it."

There is no fee to attend, but reservations are requested, so the Lodge can plan for seating.


Please call (916) 422-6666.

After the concert, an optional Mother's Day Brunch will be available from 10 a.m. to 1 p.m., but it is going to be special, with an egg casserole, fried rice, hash browns, biscuits and gravy, and a ham carving station.

The breakfast will also include choices of bacon, sausage, waffles, pancakes, and French toast. Juice and coffee are included.

There will also be mimosas for sale.

The prices for the brunch are \$20 for adults, children 11 to 5 are \$8, and children under 5 are free. The tax is included in the price. For groups of four or more for the brunch, please contact the Lodge Office for reservations at (916) 422-6666, extension 2.



The Bridgeway Choir. Courtesy photo

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:

- 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.



Captain Zachary Bales. Photo courtesy of Sacramento Police Department



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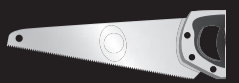
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www.greenhavenlutheran.org

Suburban Kiwanis Club Hosts 66th Art Fiesta

Credit Union SACTOWN Run Raises \$216,500

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 with cancer.

To learn more, call Tom at 916-834-1870 or visit sacramentosuburbankiwanis.org.

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 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.”

Credit Union SACTOWN Run 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).

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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.



Spiritual Care
BY NORRIS BURKLES

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 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 rightly exclaimed, “You’ve got to be kidding.”

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

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 fear-less 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 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.net.

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ABOUT TOWN

Mother’s Day Tribute May 12
May 12, 9 a.m. to 10 a.m., Elks 6 Mother’s Day tribute with special performance by the Bridgeway Choir.
Additionally, there will be a Mother’s Day Brunch from 10 a.m. to 1 p.m. with egg casserole, fried rice, hash browns, biscuits and gravy, and a ham carving station. The breakfast will also include choices of bacon, sausage, waffles, pancakes, and French toast. Juice and coffee are included. There will also be mimosas for sale. Elks 6 Lodge, 6446 Riverside Blvd.

Free Classic Car Show
First and third Fridays, 4 p.m. to 8 p.m., free Classic Car Show, in parking lot next to Device Brewing Company’s Pocket/ Greenhaven Taproom + Kitchen at 7485 Rush River Dr. Suite 650.

Nitewind Band May 17
May 17, 5:30 p.m. to 9:30 p.m., Nitewind Band at First of Summer Music Series at Elks 6 Lodge, 6446 Riverside Blvd., 95831. \$15 (Call office (916) 422-6666 M-F 9 a.m. to 3 p.m.) or \$20 at the door.
Bring your chairs, food and drinks available for purchase; no outside food or beverage.

Elks 6 Volunteer Opportunities Available
This is just a partial list of ways you can be of service to the Lodge and by extension the community.
- PM Crew - We welcome anyone 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.
Attend events and be available to give tours: Help at membership booth at Farmers Market, Man a membership booth at the Craft Fair or Parking Lot Sale, Make phone calls to members
For more information, call or text Sue Hill 215-327-7712.

Friends of Sutter’s Fort Discounted Admission Rates
SACRAMENTO, Calif. – 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 (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.
For more information, please visit www.suttersfort.org. ★

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 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 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. ★



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



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Military Personnel, Families Get in Free at Museums

Blue Star Museums News Release

SACRAMENTO, CA (MPG) - Seven Sacramento area museums are participating in Blue Star Museums to offer free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve, from Armed Forces Day on May 18 through Labor Day on

Sept. 2, 2024. A partnership between the National Endowment for the Arts and Blue Star Families in collaboration with the Department of Defense and museums across America, the local museums participating in the 2024 Blue Star Museums program include the following: Aerospace Museum of California, California Automobile Museum, California

Museum, Crocker Art Museum, Fairytale Town, Sacramento Children's Museum and Sacramento History Museum. The free admission program is available for those currently serving in the United States Military: Army, Navy, Air Force, Marine Corps, Coast Guard, including Reservists, National Guardsman (regardless of status), U.S. Public Health

Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for complimentary entrance into a participating Blue Star Museum. Before planning a visit, guests are encouraged

to contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day. For more information or a complete list of participating Blue Star museums, please visit <https://www.arts.gov/initiatives/blue-star-museums>. For more information about upcoming activities

offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and X @SacMuseums or visit the user-friendly website at www.SacMuseums.org. Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at www.sacmuseums.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 Class Samantha Oblander.

Matsui Praises Moves to Boost Semiconductor Production

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 to 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 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



Doris Matsui Photo courtesy of Doris Matsui

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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