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Arden Arcade News

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MAY 10, 2024

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2024:
LET'S RIDE!



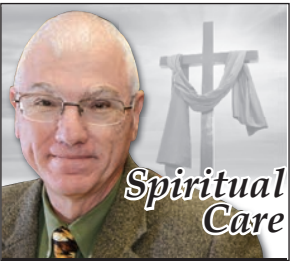
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Dogs Take the Lead and Support SPCA



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 Shepards, 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

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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



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

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, and it didn't have any wheels. Being a mechanic, Everett knew precisely

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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.

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

The award will be announced at the 2024 National Medical Reserve Corps Conference in May.

Sacramento Medical Reserve Corps is looking for others who want to join Joseph in helping assist residents in this area.

To apply, visit saccounty.gov/acramentoMedicalReserveCorps to become a Sacramento Medical Reserve Corps member. ★

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 BURKUS

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. ★

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 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 Champions, Race Times and Results

The following champions clocked the best times during the race:

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

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

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

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

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

Keep an eye out for Calli



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



Seventy-four credit unions participated in the Credit Union SACTOWN Run.

Hauger-Thackery at the 2024 Summer Olympics in Paris this August.

CMN ‘Champion:’ Shine DUBY’s Story

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

His story is living proof of the survivability of individuals with Popliteal

Pterygium Syndrome (PPS) — Bartsocas-Papas type.

He’s a “shining” example of resilience in the face of adversity. Shine wouldn’t be where he is without this team at UC Davis Children’s Hospital.

From the beginning, everyone supported him and always made his mother and family feel like he was cared for with loving attention and treatment. He’s now living his best life and representing CMN at UC Davis.

The annual Credit Union SACTOWN Run is for kids such as Shine and so many others across California and Nevada. ★

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Becerra, Bera Discuss Healthcare Worker Shortage at Rio Americano

By Adam Abolfazli

SACRAMENTO REGION, CA (MPG) - As the nation faces a critical shortage of medical professionals, Health and Human Services Secretary Xavier Becerra and U.S. Rep. Ami Bera met with local educators and students in Rio Americano High School’s medical careers program on April 8 to hear concerns and promote medical education, especially at the secondary level.

The event, “Training the Next Generation of Health Workers,” welcomed Becerra and Bera, a Democrat whose district includes Rio Americano in Sacramento County. San Juan Unified School District Superintendent Melissa Bassanelli and school board President Pam Costa were also in attendance.

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

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

“At HHS, we can add some value and worth with you as you try to create that pathway for young Americans to become our future leaders,” Becerra said. “There is no shortage of opportunity, so when you see an opportunity to support a program that is bringing young folks in quickly (to medical careers), you want to be here.”

Facing the Shortage

The country will face a shortage of 195,400 nurses by 2031, according to estimates by the Bureau of Labor Statistics. Openings



Health and Human Services Secretary Xavier Becerra and US Rep. Ami Bera visit the Rio Americano High School Medical Careers Program on April 8. Photos by Rami Al Mufti

for home health aides and personal health aides will increase 37% by 2028.

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

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

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

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

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

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

Becerra also touted Health and Human Services’ scholarship and

loan forgiveness programs that help students get through college if they agree to work for a number of years in underserved communities. His son-in-law, now a pediatrician, received a full four-year scholarship through the initiative.

Starting in High School

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

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

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

Medical assistants “complete administrative and clinical tasks, such as scheduling appointments

and taking patients’ vital signs,” according to the Bureau of Labor Statistics. Students also learn to draw blood and give injections.

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

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

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

Recently, the big four Sacramento health systems came together to identify and highlight such programs, including the medical careers pathway at Rio Americano and health science academies in Natomas and Rancho Cordova.

They view career education as a way to fill gaps in hiring medical assistants, nurses, X-ray techs and a variety of other medical professions.

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



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

About the Rio Americano Visit

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

On April 5, crews could be seen cleaning buildings and mowing the lawns in preparation for the secretary’s high-profile visit. The Secret Service was also present over the weekend conducting a sweep of the campus. Local news outlets attended the event, too.

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

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

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

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

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

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

In their meeting with first-period med program students, Becerra and Bera spoke about the growing

importance of mental health services, including increased funding for 988, the new national number for the Suicide and Crisis Lifeline for mental health services.

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

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

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

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

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

“At HHS, we want in,” Becerra said.

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

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



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

Free Car Show Charms in Pocket/Greenhaven

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what to do. “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. Everett 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 others are okay with keeping the body a bit rough.

They tease each other over 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.”



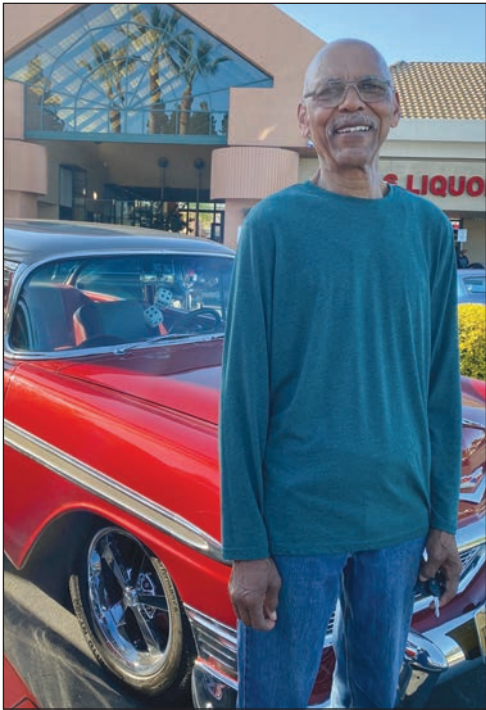
Purple Perfection rests in the parking lot.

Ben Valencia reminded me luxury sports cars from any decade are invited. Feel free to join 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, 4 p.m. to 8 p.m., 9139-3 E Stockton Blvd., Elk Grove; the other is Burger Junction, 7900 Florin Road, 4 to 8 p.m. Saturdays.

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



Van Watts remembers his own 1956 Chevy.



Everette Pace stands in front of his 1940 Ford Deluxe Coupe.

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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. ★

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, 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, Moonscents, Isabel Emilie – Wellness



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

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. ★

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May is Mental Health Awareness Month

By Scott Knight, The Jason Foundation

Since 1949, Mental Health America and its affiliates across the country have led the observance of May as Mental Health Awareness Month by reaching millions through the media, local events and screenings. It raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Cities and businesses across the country hold 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. ★

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”) *Nanophytes salmincola*.

Nanophytes 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. ★

ABOUT TOWN



Veterans Seminar May 10

DAV Chapter 35 and Carmichael Recreation and Park sponsor a Veterans Information Seminar May 10, 12:30PM to 3:30PM at “The Club House,” 5750 Grant Ave Park in the (back) rear. Contact Adjutant and past CA State Commander Ed Vandiver, 916-765-9146.

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.

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 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!

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

Sacramento Area Museums Showcase Region’s Farm-to-Fork Roots

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.

Nestled in the heart of a region renowned for its

Farm-to-Fork movement, 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. By fostering an understanding of how we use and preserve resources, the UEC underscores the importance of our agricultural roots.

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 Twitter @SacMuseums or visit the user-friendly website at www.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 (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 open.

Friends of Sutter’s Fort is a 501c3 charitable foundation. As a state park cooperating

association, we collaborate with California State Parks at Sutter’s Fort State Historic Park to preserve and protect historic structures, and artifacts, and to engage visitors of all ages. For more information, please visit www.suttersfort.org

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

If any of the above sound like something you would enjoy doing, please contact me for more information and I will make sure you are directed to the proper person.

Call or text Sue Hill 215-327-7712. ★

Matsui Praises Boosting 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 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 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.” Matsui introduced the CHIPS Act in June 2020 with 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 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. ★

Sacramento Suburban Kiwanis Club Hosts 66th Art Fiesta

Sacramento Suburban Kiwanis Club News Release

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

& Country Village and then Pavilions Shopping Center, this is the second Art Fiesta year at the Scottish Rite location. The air-conditioned comfort, spacious facility and ample parking lot provide an ideal location for this iconic event. Meet the artists, browse the fine art pieces and purchase quality art for yourself, family, and friends. Most art media, including painting, pottery, photography, glass, woodwork, fine textile, and jewelry will be for

sale. There is no charge for admission. Food and beverages with a fiesta theme, catered by “Taste for the Senses,” will be sold. Enjoy breakfast, snacks, lunch and dessert items while meeting the artisans. While at the show on Saturday, take time to vote for your personal favorite fiesta artist. The Sacramento Suburban Kiwanis Club, chartered in 1952, is a community service organization dedicated to serving the Arden-Arcade

community in Sacramento. The club has sponsored the Art Fiesta since the show’s inception. As Sacramento Suburban Kiwanis’ largest fundraising event of the year, the Art Fiesta is a juried art show ensuring unique, original creations. “Come out and share this wonderful variety of quality art with the whole family while both meeting and supporting local artists and helping Sacramento Suburban Kiwanis fund its many community and

youth-assistance programs,” said Art Fiesta chairperson and 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

53.” Other programs that the club sponsors include Kiwanis Family House, River City Food Bank, Sierra Arden Food Closet, Boys and Girls State, Wellspring Women’s Center, Sacramento Crisis Nursery and Just for Kids, a program for children who have an immediate family member diagnosed with cancer. For more about Kiwanis, call Tom at 916-834-1870 or visitsacramentosuburban Kiwanis.org. ★

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Serving Arden Arcade and Sacramento County since 1993

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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"



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.

Barajas and spectacular murals 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 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 1953 Ford Victoria showcased the crucial elements of this award, including overall design, flow, quality and workmanship of bodywork, paint and interior. McAuliffe will receive



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.

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 about the Autorama, the list of award winners and updates on upcoming events, visit rod-shows.com. ★

SACRAMENTO COUNTY FAIR



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FREE EVERY DAY

MAY
23-27
2024



PURCHASE YOUR TICKETS
BY MAY 22ND FOR DISCOUNTED
PRE-SALE PRICING

