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THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

JUNE 7, 2024

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A CELEBRATION FOR HAM RADIO ENTHUSIASTS



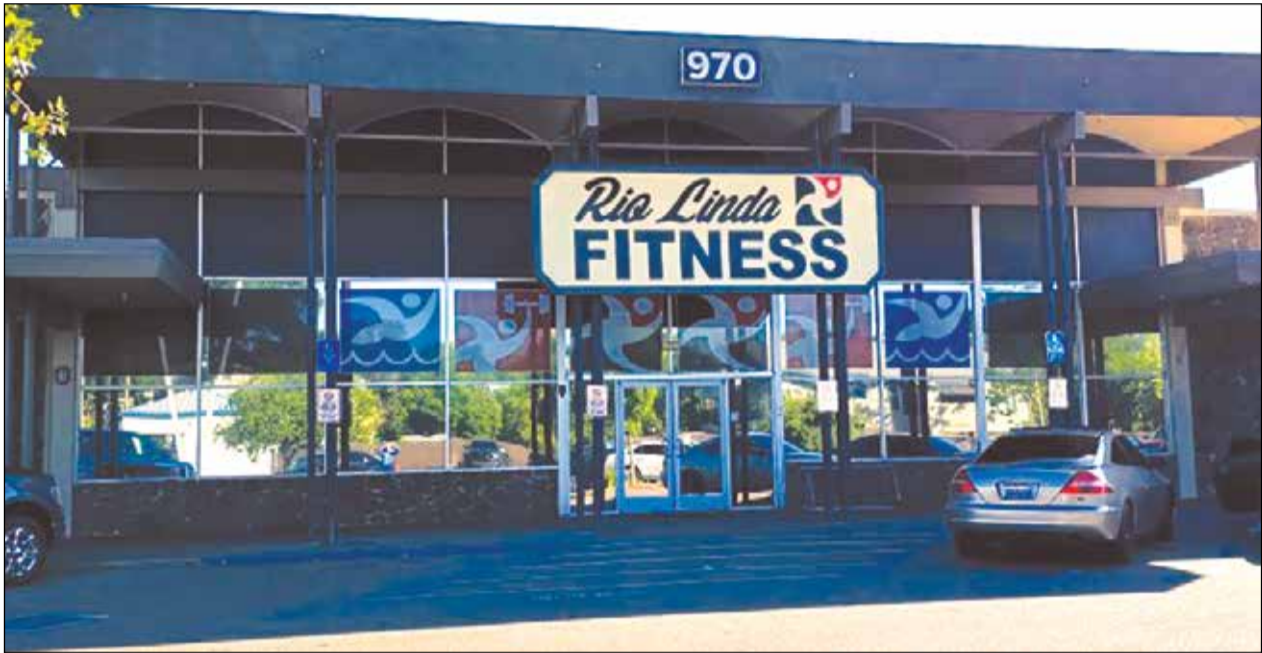
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Inspiring Boot Camp Participants



The 80,000-square-foot Rio Linda Fitness Center was converted from the building formerly occupied by the Mar-Val grocery store in 2018. Photo by Krista Christian

By Krista Christian

RIO LINDA, CA (MPG) - Fitness coach and Rio Linda resident, Mikko "Joy" Gillison, also known as "Coach Meek," helps Rio Linda Fitness Center members begin their weekdays with Monday through Thursday 6 a.m. workouts.

Her Academy Boot Camp circuit-training class participants are her "tribe," a term used in fitness communities to promote unity among enthusiasts who share common fitness goals and aspirations.

Gillison's personal training sessions are so popular that many of her clients followed her to Rio Linda Fitness Center when her former gym, Elements Health Club, in Natomas closed.

Certified by National Academy of Sports



Coach Mikko "Joy" Gillison celebrates her birthday during a special Academy Bootcamp class. Photo by Debra Ledsinger of Delephoto

Medicine, Gillison completed courses in anatomy, biomechanics, nutrition, new client assessment, program design, exercise technique and training

development and ethics.

Rio Linda Fitness Center was established in April 2018 when Steve Tresner bought the former Rio Linda Mar Val Plaza from Mar Val Food Stores. The

former 80,000-square-foot grocery store now hosts two fitness classrooms; equipment rooms with free weights and state-of-the-art weight machines and cardio equipment by Precor, Octane Fitness and Lifecycle; locker rooms; a heated pool; a sauna and a jacuzzi.

Gillison joined the Rio Linda Fitness Center in November 2023 and 100 of her clients followed.

Gillison's classes are held in the back fitness room that contains a plethora of free weights such as dumbbells, kettlebells, resistance bands, medicine balls, battle ropes and aerobic step platforms.

Gym art and motivational phrases such as "Challenge yourself, Get Results" and "Train Insane or Remain the Same" grace the walls.

Continued on page 4

SMUD's Shine Program Accepting Applications

SMUD News Release

SACRAMENTO REGION, CA (MPG) - The SMUD Shine Awards' application period opened for non-profit organizations June 1 and runs through July 31. The Shine Awards program is designed to improve and revitalize communities in the Sacramento region.

Proposals should focus on projects that support zero carbon workforce development, environmental justice and equity, inclusive economic development and STEM education. Shine projects align with SMUD's Clean Energy Vision, which is to eliminate all carbon emissions from the power supply by 2030.

Shine awards 1 range from \$5,000 to \$100,000 and are very competitive. Any incorporated non-profit organization within SMUD's service area is eligible to apply. Shine awards are available at three funding levels: Spark (up to \$10,000), Amplifier (up to \$50,000) and Transformer (up to \$100,000). Applications will be accepted through July 31.

While SMUD will consider a broad variety of potential projects, it is primarily interested in proposals that promote the 2030 Clean Energy Vision. That includes utilizing clean energy solutions, advancing zero carbon workforce development and training, promoting energy efficiency, energy conservation and greenhouse gas reduction particularly in diverse and under-resourced communities (environmental justice and equity), supporting inclusive economic development and involving clean energy education related to energy efficiency, renewable energy or related Science, Technology, Engineering and Math (STEM) fields.

SMUD will host multiple technical assistance webinar sessions about Shine and the application process. A registration link and application can be found on smud.org/Shine.

This past year, SMUD awarded more than \$583,000 in Shine funding to 29 local nonprofits. SMUD received a wide range of applications, and the selected projects were able to successfully demonstrate collaboration and the potential for broad community impact.

Each year, SMUD

Continued on page 2

Volunteer Now for California Capital Airshow



A group of California Capital Airshow volunteers pose in front of the Capital Club VIP area. Photo courtesy California Capital Airshow

Story by MPG Staff

SACRAMENTO REGION, CA (MPG) -California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, invites community members to sign up as airshow volunteers for the 2024 Airshow.

This year's Airshow at Mather Airport on July 13 and 14 features aerial performances by Italian Jet Team Frecece Tricolori and the United States Air Force Thunderbirds Jet Demonstration Team.

More than 1,000 community members make up the corps of volunteers that help bring the California Capital Airshow to life each year. The Airshow is looking for adults, age 18 and older, to volunteer their time on July 13 and July 14.

"Airshow volunteers play a vital role in supporting California Capital Airshow's mission to inspire the next generation through the wonder of flight," said Darcy Brewer, executive director of the California Capital Airshow. "Their efforts make a huge impact for our nonprofit and they

get to build a sense of community while enjoying the behind-the-scenes excitement of producing a truly spectacular event."

Volunteers will be fed and provided with water throughout the day, in addition to receiving a commemorative "Airshow Crew" T-shirt, the opportunity to make new friends, and the Airshow team's deepest gratitude for supporting this nonprofit event.

Those interested are encouraged to complete volunteer registration at californiacapitalairshow.com/become-a-volunteer. ★

Many Ways to Celebrate Family Health and Fitness Day

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG)

- Gather your family and friends and celebrate Family Health and Fitness Day on Saturday, June 8. Sacramento County Regional Parks is excited to partner with several local organizations, businesses and nonprofits to promote this special day.

"The Regional Parks system and our wonderful partners play a key role in providing facilities and programs that positively influence the health of the Sacramento region and contribute to our goal of advancing health equity within Regional Parks," said Liz Bellas, Director of Regional Parks. "This year, we are hosting several events of our own, including a 5k run at the Cosumnes River Preserve, and partnering with several incredible organizations, like Sac Republic FC!"

For Family Health and Fitness Day 2024, Regional Parks is pleased to share these programs and "partnership events" for the community to enjoy.



June 8 is Family Health and Fitness Day. Photo by Andrze Rembowski Pixabay

American River Parkway American River Raft Rentals Special

All participants will receive a 25% off coupon for their next raft rental, and one lucky group wearing their lifejackets will win one free 12-person raft rental. During normal business hours. Raft rental rates apply. \$7 per vehicle entry at American River Parkway entrances.

Turtles at Bushy Lake

Join Dr. Michelle Stevens at Bushy Lake to learn about the native Western Pond Turtle and the Bushy Lake Restoration Project Park near Cal Expo Lot P (Corner of Ethan/Hurley) with a short hike to the lake. Free event, free parking.

Soil Born Farms - Farm Stand Open

Buy farm fresh organic produce and learn about American River Ranch classes and volunteer opportunities.

2140 Chase Drive, Rancho Cordova, CA. 8 a.m. to 1 p.m. Free parking.

Sacramento Valley Conservancy

Volunteer Workday at Camp Pollock! 1501 Northgate Blvd, Sacramento, CA. 8 a.m. to noon. Free event, free parking.

American River Bike Patrol

Join members of the volunteer Bike Patrol at an Information, Hydration and Bike Mechanical Station at William B. Pond Park and take a ride along the trail! \$7 per vehicle entry fee at American River Parkway entrances.

Tree Treasure Hunt and Educational Odyssey

75 Trees and 17 species have been selected along the American River Parkway to help you learn and recognize the trees along the multi-use trail as you enjoy riding your bicycle. Free event. \$7 per vehicle entry fee at American River Parkway entrances.

Dry Creek Parkway Sac Republic FC Soccer Clinics

Join Sac Republic FC for soccer clinics at Cherry Island Sports Complex! Free event, free parking.

Sports Games and Relays at Cherry Island Sports Complex

The Rio Linda Elverta Rec and Park District and the National Academy of Athletics are hosting sports games and relays to promote positive physical and mental development through sports fundamentals at Cherry Island Sports Complex. Free event, Free parking.

Disc Golf Demonstration

Join Parks staff and the El Dorado Disc Golf Sports Foundation to learn about disc golf with a demonstration area to practice your skills at Cherry Island Sports Complex. Free event, free parking.

Pumpkin Planting Event

Bring the family to Gibson Ranch Regional Park and plant a pumpkin to bring home and watch grow. Free event, free parking.

Birds and Bees, Flowers and Trees

Enjoy the beautiful display of



Exercise is extremely important for people of all ages. Photo by RDNE, Pexels

blooming flowers while learning about the proposed Community Garden and Food Forest concept at Gibson Ranch. Free event, free parking.

Family Fun at Cherry Island Golf Course

Join the crew at Cherry Island Golf Course for a morning of family fun, including bounce houses, face painting, kids' introduction to golf stations and more. 10 a.m. - 1 p.m. Free event, free parking.

Night of the Revving Dead Car Show

Join Alley Cats Car Club for "Night of the Revving Dead" car show, music and family fun. Noon to 8 p.m. Free event for spectators - \$5 parking

per vehicle.

Southern Sacramento County and Virtual

Trek the Trails 5K Fun Run/Walk

Bring the Family out for a 5K Fun Run and Walk along the Cosumnes River Preserve Trails. The timed race begins at 9 a.m. but anyone is welcome to join between 9 and 10 a.m. 13501 Franklin Blvd., Galt, CA. Free event, free parking.

Stroll Around Mather Regional Park

Head to Mather Regional Park to enjoy an easy 1.5 mile walk around Mather Lake, picnic, visit the playground or fish at the lake! Parking Fees are waived on June 8. Free entry.

Re-Introducing: Agents of Discovery

Agents of Discovery is an interactive, augmented reality game and we're bringing it back to Sacramento County Regional Parks. While in participating parks, users will be encouraged to explore missions to find "challenges" that will... well, challenge their knowledge of the parks. Free app download is available in the Apple App and Google Play stores.

To learn more about Family Health and Fitness Day and how parks help keep our communities and families healthy and active, visit the Regional Parks website. ★

SMUD's Shine Program Accepting Applications

Continued from page 1 contributes approximately \$3 million in financial support and in-kind services to community-based organizations. SMUD will continue to support healthy, vibrant, and economically sustainable neighborhoods for all customers, with



a special focus toward improving equity in the region through SMUD's Sustainable Communities program.

For more information about the SMUD Shine program, including a list of previous winners, visit smud.org/Shine. ★

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5 Over 50 Volunteer Award Winners Announced

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In honor of Older Americans Month, Sacramento County's Adult and Aging Commission proudly presents the 5 Over 50 Volunteer Award to five outstanding individuals. The Commission selects these winners based on nominations from County residents. Each winner is over the age of 50, volunteers each week, and showcases the impact getting involved can have on your community.

District 1 Winner: Ana Marcelo

Ana started volunteering at the South Natomas Library over 15 years ago. She repairs books, some dating back to the 1850s. She has restored more than 60 volumes of archived directories. Ana also assists local school librarians by repairing books.

"This is so extremely very funny that I am receiving an award for something that I love to do," Ana said.

District 2 Winner: Margarita Chavez

Margarita began cleaning up litter more than 20 years ago. She now volunteers with the River City Waterway Alliance. She has participated in more than 300 trash cleanups.

"Why do we do it? Because we love our waterways, we love our wildlife," said Margarita.

Margarita's twin sister also volunteers with the group. Margarita says cleaning up with the group keeps her mentally and physically healthy since she gets to socialize and must use a lot of upper body strength while picking up trash.

District 3 Winner: Adele Kruger

At nearly 90 years old, Adele serves as a volunteer coordinator at the American River Parkway Foundation. She has a mile along the parkway that she is responsible for keeping clean. For the past 12 years, she has walked the mile twice or more each week, picking up trash and greeting people as they enjoy the trails and river. During warmer months, Adele

kayaks along the river to pick up trash. Adele says she loves nature and enjoys going out each week and doing her part in helping upkeep the natural beauty of the area.

"You've got to get rid of the trash, otherwise, it's not enjoyable for people," said Adele.

District 4 Winner: Wayne Watts

Wayne Watts has spent over 40 years volunteering. He cleans up trash while maintaining a full-time job. As a dedicated member of the River City Waterway Alliance, Wayne often picks up litter on the weekends with the group. He also picks up litter almost every day on his lunch break.

"I found the parkway and I liked it so much that I just figured if you love something, you take care of it," said Wayne.

While Wayne enjoys cleaning up on his own, he says he is happy to have found a group of people who are as passionate as he is about the parkway.

District 5 Winner: Faye Gaines

Faye fights hunger in her community. She is the CEO and Director of Sunshine Food Pantry and Resource Center, Inc. in Galt. Faye and her team of volunteers feed thousands of people each month. She says none of what she does would be possible without the support of the community and her fellow volunteers.

"I love what I do. I love helping the people, the volunteers that we work with - I'm very fond of all of them and we work well together," Faye said.

About the Award:

The 5 Over 50 Award celebrates individuals aged 50 and older who dedicate their time, energy, and passion to improving Sacramento County. On May 21, 2024, Sacramento County's Board of Supervisors recognized and thanked this year's winners. Sacramento County's Adult and Aging Commission is proud to honor this year's winners and thank them for helping make our community a better place. ★

St. Francis Social Studies Department Chair Promoted to Assistant Principal



Julie Van Houten is the new St. Francis Catholic High School assistant principal. Photo by Bill Smith Photography

St. Francis Catholic High School News Release

EAST SACRAMENTO, CA (MPG)

St. Francis Catholic High School is proud to announce Julie Van Houten as its new assistant principal. Van Houten, who holds a Master of Arts in education, is a member of the executive staff and has been serving as the social studies department chair for the past two years. She will assume her new role effective July 1.

"St. Francis is an amazing school that needs to be celebrated," said Van Houten. "As a current

teacher and parent of a St. Francis student, I have a strong understanding of the academic, social and emotional needs of the key stakeholders: students, families and teachers."

"I am excited about the opportunity to continue working and collaborating in an environment where I can contribute to the quality of an all-girls faith-based education," she said.

Van Houten started teaching in the Elk Grove Unified School District in 2001 and joined the staff at St. Francis Catholic High School in 2016 as a social studies

teacher, including AP U.S. history and AP government and politics. Van Houten is also an Adjunct Professor at Sacramento State University where she teaches aspiring multiple subject and social science teachers.

"We are excited to have Julie take on this position of leadership at St. Francis," said Principal Elias Mendoza. "Her time as a faculty representative on our executive staff, her innovative approach to curriculum and instructional delivery, and her passion for the mission of St. Francis make her the perfect choice." ★



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Inspiring Boot Camp Participants

Continued from page 1

On one wall is a mural of a menacing-looking character reflective of Optimus Primal from the '90s "Transformers: Beast Wars" series. It is accompanied by the term, "Beast Mode," a phrase meaning the state of performing something, especially a difficult activity, with extreme power, skill or determination. The term was popularized by the gym community in the early 2000s and trademarked in 2008 by former Seattle Seahawks running back Marshawn Lynch, who acquired the phrase as a nickname.

Class participants represent a diverse set of backgrounds, ages and body types. Most are women but a few men are regulars.

Gillison's personal fitness story has inspired her students.

"Everyone has a journey. I have always been interested in fitness but after I acquired injuries and a major health problem, I could no longer work out and my weight rose to 206 pounds," Gillison said. "Since recovering from these problems, I jumped back into my fitness routine with the goal of attending a bodybuilding competition. Seeing the growth in my clients and students is my favorite part of being a fitness instructor. I love working with all people and seeing their progress excites me and fuels my passion."

Gillison invests considerable energy to ensure her students receive instruction and suggestions appropriate for their level of skill, training and fitness.

"She is a wonderful support system and her classes have helped me gain both strength and confidence," said Leticia Camargo, who followed Gillison from Elements Health Club.

Other class members are just as appreciative.

"Heading into my 35th year living with lupus, I'm taking the time to acknowledge how far I've come and why I work toward living a healthy lifestyle," said Emily Lyons-Brooks, another follower from Elements. "I don't want



Coach Mikko "Joy" Gillison celebrates her birthday during a special Academy Bootcamp class. Photo by Debra Ledsinger of Delephoto

to just get out of bed and trudge through my day. I want to actively take part in life. I don't want to sit on the sidelines or say no to the things that I really wanted to do. Coming to the gym and working out with Mikko and all of its dedicated members is a big part of that. I am grateful to have found Mikko. She has a passion for helping others. Her vibe is infectious. She truly makes you want to work harder."

Melanie Lo also followed Gillison from Natomas.

"Her passion and dedication, not only to us but to her own journey, is inspiring and unmatched. Every day she comes with top-tier energy, shouting encouragement and fully supportive of everyone she encounters," Lo said. "Her classes are exciting and interesting, and I've seen everyone elevated across the board. It's evident in the number of members who followed her to Rio Linda Fitness. She's such an enthusiastic cheerleader, always challenging us mentally and physically and cheering all our wins. We're all so blessed to have her in our corner and I can't wait to see where we go."

Said class participant Debra Ledsinger, "Coach Mikko is the best. She really makes it rain on the mat. Oh wait, that's just our tears and sweat."

Each day has a specific theme: Monday is strength training, Tuesday is HIIT (High-Intensity Interval Training), Wednesday is legs and Thursday is core strength.

A brisk warmup could include jumping jacks,

high knees, burpees, squats, twists and plyometrics. Then class members disperse to stations that include a series of timed or repetition exercises for a total of approximately 45 minutes for the full workout.

Gillison also offers a 5 p.m. class that mirrors her morning sessions and a "Super Saturday" class at 8 a.m. where she surprises participants with a variety of exercises. She dedicates one or two Saturdays a month to "Fit Test" workouts where students can track and record their skills and performances to monitor their fitness progression.

Rio Linda Fitness Center also offers a variety of other classes, including yoga, an Aqua Boot Camp, Zumba and a senior fitness class.

Gillison can be contacted at Rio Linda Fitness Center at 970 Oak Lane. The center is open 24 hours daily Mondays through Thursdays, 6 a.m. to 10 p.m. Fridays, 7 a.m. to 7 p.m. Saturdays, and 8 a.m. to 4 p.m. Sundays. Call 916-991-8465 for more information or to book an appointment to see the gym.

A Rio Linda resident since 2003, Gillison said, "I've always been a city girl. I was born in Washington D.C. and raised in Brooklyn. Later, I moved to Oakland, California where I met my partner. When I became pregnant with my son, I wanted to move to a quieter, more rural community that would be a good place to raise my son. Rio Linda seemed like the perfect fit." ★



Resilience

Are you stressed to the MAX? I'm not at all surprised. From jobs, relationships, health, and kids, I would be amazed if you weren't stressed out. But **Dr. Stephen Sideroff** says you don't have to stay mired in that stress. You can move forward, and he tells us how in "The 9 Pillars of Resilience:" the proven path to mastering stress, slow aging and increase vitality. The good doctor is an Associate Professor of psychiatry at UCLA's Geffen School of Medicine and he shared this synopsis of the 9 pillars with me on my "POPPTALK" radio show in search of truth.

1. RELATIONSHIP WITH SELF. This is the pillar that all others rest on, this is about how you feel about yourself and how you treat yourself. It's important to treat yourself with respect, love, compassion, support, acceptance and care. Despite childhood lessons, it's never constructive to put yourself down, or be hard on yourself. It only creates more tension and undermines confidence. This pillar is about developing a healthy internal voice.

2. RELATIONSHIP WITH OTHERS. This is the ability to communicate and establish close and intimate relationships, and to receive support. Friends and other relationships in which positive affect is expressed, enhance the sense of a safe world.

3. RELATIONSHIP WITH SOMETHING GREATER. This can have a spiritual emphasis or it can be involvement with community, charity or other forms of service. Involvement, meaning and belief in something greater than yourself, can include purpose and makes daily hassles less significant. It enhances a sense of security and hope.

4. PHYSICAL BALANCE AND

MASTERY. This is the ability to deeply relax and to quickly recover from stress. It is being able to keep your stress response in proportion to the demands of the specific situation and not over-react. And to fully utilize sleep for optimal recuperation.

5. COGNITIVE BALANCE AND MASTERY. This pillar is about having a positive attitude and positive expectations. It's also the ability to control your thoughts; to let go of thoughts and worry and move on, as well as to be focused and avoid distractions.

6. EMOTIONAL BALANCE AND MASTERY. Unexpressed emotions or emotions that you are unaware of make you more sensitive to hurts and inappropriate over reactions. They are accompanied by physical holding patterns, anxiety and stress.

7. PRESENCE. This component is about being fully in the moment, aware and in contact with your environment, and not distracted by thoughts, worry of other preoccupation.

8. FLEXIBILITY. This is the ability to adapt to changing circumstances and minimizes frustration, anger and tension.

9. POWER. He defines power as your ability to get things done. This includes courage to take action, persistence the face of obstacles and frustration, focus in keeping the goal in view, and assertiveness in making your desires known. It also involves the ability to make decisions as well as planning and being strategic. It enhances your sense of control, self-trust and confidence.

Check out **Dr. Sideroff** at www.drstephensideroff.com/resilience to stop stress from controlling you. **IT'S A WIN FOR LIFE!** ★

California Accounted for 71% of All States' Preschool Funding Increases in 2022-2023

National Institute for Early Education Research News Release

NEW BRUNSWICK, N.J. (MPG)

- A new national report released on April 18 ranks California 16th in the nation for preschool enrollment for four-year-olds and 15th for three-year-olds across both the California State Preschool Program (CSPP) and Transitional Kindergarten (TK). The National Institute for Early Education Research (NIEER) today released its annual State of Preschool report, which tracks preschool enrollment, funding, and quality across states. The 2023 State of Preschool Yearbook found that, in the 2022-2023 school year:

California served 38% of the state's four-year-olds and 9% of three-year-olds in state-funded preschool, for a total combined enrollment of 209,081 (an increase of 27,467 from the prior year).

State spending totaled \$2,989,941,651 and an additional \$210,393,445 in federal COVID-19 relief funds supported the program, up \$830,595,002 (35%), adjusted for inflation, since last year.

State spending per child (including COVID-19 relief dollars) averaged \$15,305 in 2022-2023, up \$2,258 from 2021-2022, adjusted for inflation.

California's TK met 3 of 10 research-based quality standards benchmarks for minimum quality recommended by NIEER and CSPP met 6 of 10.

California made a big leap forward this year towards the state's ambitious goal of achieving universal preschool for 4-year-olds by 2025-2026. The state increased preschool funding by nearly \$1 billion and this increase

accounted for 71% of the entire national increase in preschool spending. This additional funding increased access in both CSPP and TK.

"California remains fully committed to the expansion of Universal Transitional Kindergarten to give all families access to a free, high-quality preschool option," said Patricia Lozano, executive director of Early Learning advocacy organization Early Edge California. "We're excited by the opportunity to give more 4-year-olds access to this program in the coming year and to work with partners across the state to ensure that teachers, parents, and children are supported through the process."

"Universal preschool is a huge undertaking in the nation's most populous state, and California's efforts and commitment are fundamentally changing education in the Golden State," said W. Steven Barnett, Ph.D., NIEER's senior co-director and founder. "To fulfill the promise of a better education for all children, California must ensure funding remains adequate to provide high-quality preschool, pay teachers well, ensure small class sizes, and full-day programs as programs are expanded to serve families."

Nationally, the report finds that this is a critical moment for preschool. The nation has emerged, albeit unevenly, from the COVID-19 Pandemic. States are poised to make new progress toward serving more three- and four-year-olds in high-quality, full-day preschool programs. How each state chooses to move forward – and whether the federal government helps – will determine how much

real progress is made. Most states have not committed to serving all children and even those states that have often fallen short. Most states need to increase funding per child substantially to enable providers to meet minimal standards for a high-quality, effective program.

During the 2022-2023 school year, states enrolled over 1.63 million children in preschool, marking a 7% surge compared to the preceding year. Enrollment reached 35% of 4-year-olds and 7% of 3-year-olds, with state expenditures reaching \$11.73 billion – an 11% increase from 2021-2022 when adjusted for inflation. Notably, state spending per child surpassed \$7,000 for the first time. However, despite this notable progress, most states still fell short of their pre-pandemic preschool enrollment. While several states made strides towards achieving universal preschool access, six states persisted in not allocating any funding for preschool programs.

"With the pandemic in the rear view, it is time for states to make critical choices when it comes to quality preschool," said Allison Friedman-Krauss, Ph.D., the report's lead author. "Will states make the investments needed to ensure that programs are effective? Will states commit to serving three-year-olds as well as four-year-olds? Will states provide a full school-day option for all families who want it? Will states support an equitable mixed-delivery model for preschool incorporating both existing childcare programs and public schools? How will states recruit, support, and retain preschool teachers? These decisions will impact millions of children for years to come." ★

Field Day a Celebration for Ham Radio Enthusiasts

Friends & Amateur Radio Communications Enthusiasts News Release

SACRAMENTO COUNTY, CA (MPG) - Ham radio operators from the Friends & Amateur Radio Communications Enthusiasts in the Sacramento County area will participate in a national amateur radio exercise from 11 a.m. Saturday, June 22 to 12:59 p.m. on Sunday, June 23.

If you are new to Field Day, it is like Ham Radio's Open House.

Hams set up temporary transmitting stations in public places to showcase the science, skill and service of amateur radio. It is an exciting opportunity to learn, connect and demonstrate the capabilities of this hobby. Use the Field Day Locator at www.arrl.org/field-day-locator to find a site near you and join the celebration. The Friends & Amateur Radio Communications Enthusiasts group will set up operations in Diamond Springs.

The event is the American Radio Relay League (ARRL) Field Day (www.arrl.org/field-day), an annual amateur radio activity organized since 1933 by the league. Hams from throughout North America ordinarily participate in Field Day by establishing temporary ham radio stations in public locations to demonstrate their skill and service. Their use of radio signals, which reach beyond borders, bring people together while providing essential communication in the service of communities. Field Day highlights ham radio's ability to work reliably under any conditions from almost any location and create an independent, wireless communications network.

from the Sacramento, El Dorado and Placer County area will also use radio stations set up in their homes or take to their backyards and other locations to operate individually or with their families. Many hams have portable radio communication capability that includes alternative energy sources such as generators, solar panels and batteries to power their equipment.

Hams have a long history of serving our communities when storms or other disasters damage critical communication infrastructure, including cell towers. Ham radio functions are completely independent of the internet and phone systems and a station can be set up almost anywhere in minutes. Hams can quickly raise a wire antenna in a tree or on a mast, connect it to a radio and power source, and communicate effectively with others.

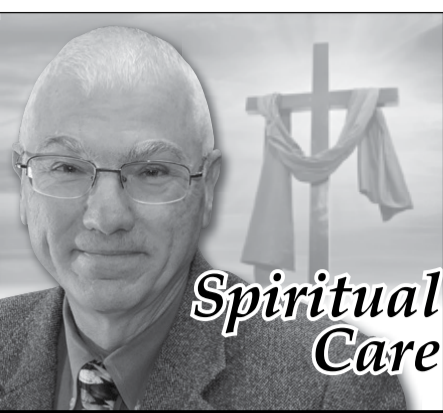
During Field Day 2023, more than 40,000 hams participated from thousands of locations throughout North America. Hams range in age from as young as 9 to older than 100.

For more information about American Radio Relay League Field Day and ham radio, contact the California Department of Technology Radio Association (N6CDT) at soudabeh.najarzadeh@stateofca.gov or visit the Amateur Radio Club (KF6NNM) Friends & Amateur Radio Communications Enthusiasts page at www.kf6nnm.net.

Introductory information can be found at www.arrl.org/what-is-ham-radio.

A self-study license guide is available from American Radio Relay League: The American Radio Relay League Ham Radio License Manual is online at www.arrl.org/shop/Ham-Radio-License-Manual. ★

“Chaplain Faints Again, Misses Deadline”



BY NORRIS BURKES

I'm still on a Baltic Sea cruise this week with Holland America. It's been good sailing, but I carry motion sickness medication just in case.

I wonder if that medication would have helped me some years ago when I went to my doctor hoping for a simple steroid shot for the bursitis in my shoulder.

(Stop me if I've told you this story before because I think I may have.)

As the nurse smeared the injection site with disinfectant and placed a surgical drape over my shoulder, it was clear that this wasn't going to be a plain old shot.

To mask my anxiety, I started cracking jokes.

“Will this steroid buff me up and help me play amazing baseball?” I asked.

The doctor seemed unamused as she began reciting the list of things that could possibly go wrong. It was simple things such as nerve damage, infections and twitching.

“Don't worry,” she said as I eyed the door, “we've never had a problem.”

Easy for her to say. She was on the giving end of the 3-inch needle.

“Do you mind if I sing a hymn?” I asked.

“No, go right ahead,” she said.

I began to hum, “Shall We Gather at the River?” but her glare suggested that I change that tune.

A few moments later, as she began the deep injection, I had a news flash. To be more precise, a hot flash.

“Simple” quickly became complicated. “I think I'm going to faint,” I said. It felt like severe motion sickness.

“Lie down,” the doctor advised, “and don't forget to breathe.”

Breathing wasn't my problem at that moment; it was my hearing that felt impaired. I've always heard that hearing

was the last thing to go before you die.

Then came a muffled question from the nursing assistant. “Do you feel your heart beating faster?”

“I don't think so,” I whined as I felt her offering her hand. I'd always heard that in a near-death experience, someone will take your hand and walk you through a tunnel toward the light.

“Your pulse is slowing a bit, but don't worry,” the doctor reported, “I think you're having a vagal response.”

“What's a vagal response?” I asked. I didn't hear an immediate answer, so I persisted.

“Is that some kind of anaphylactic shock?”

I wanted her to know I knew some medical lingo. Anaphylactic shock is a life-threatening condition where blood pressure becomes too low to sustain life.

I wondered if it might be the kind of thing that often precipitates near-death experiences.

“Lord,” I silently prayed, “if this is going to be a near-death deal, please send me back before my column deadline.”

I was imagining the headline: “Chaplain Reports Existence of God After Near-death Experience.”

It was definitely Pulitzer-Prize stuff; but as I thought about it, I wasn't sure I was ready for an exclusive with the Holy. So, I nodded to the doctor and pronounced, “We're done here.”

Nevertheless, I did learn a few things. First, I learned that sometimes the best evidence we have of God's existence is the warm hand of another. Thankfully, this means that God will always have a pulse, even when I don't.

Second, I think maybe sometimes we need to allow God to find us through the kindness of others. I was looking for God down that tunnel and, while I didn't see God, I did see someone who showed compassion.

In other words, God showed up and she was wearing scrubs.

The third thing I learned is the definition of a “vagal response.”

“A vagal response,” my doctor explained as she called me back from the proverbial tunnel of white light, “is pretty much like fainting.”

“We'll have to try this next week. I'll get you a prescription for Xanax for your anxiety.”

Wow. I guess searching for faith isn't for the faint of heart. ★



That's a Pretty Good Deal

Dear Dave,

I'm in college full-time right now, and my parents have been generous enough to pay for some of my school expenses. In addition, they let me live at home while I complete my degree. I work some nights and most weekends so I can go to school debt-free, but I'm trying to figure out how to move out on my own and continue working, while remaining a full-time student and attending career-related campus events. The cost of living is high in our area, so I'm having trouble figuring out how to make it all work. Do you have some advice?

– Will

Dear Will

You sound like a very driven and mature young man. Congratulations on everything you've been able to accomplish so far. I'm glad you're working hard in school with

Dave Ramsey Says

an eye toward the future. First off, out of the three considerations you mentioned — school, work, and cost of living — I think you need to decide which is your number one priority. If I were in your shoes, school would come first.

Now, to go to school without borrowing money, you're going to have to keep working. But finishing school on time, while attending some of the extracurricular events that will move you toward your career, might pre-empt work. You'll have to work enough to pay for things, but if you can finish school and hit your academic and graduation goals while staying at home just a little bit longer? That sounds like a winner to me. It's a pretty nice deal your parents are offering, but I can understand your desire to be out on your own, too.

I want you to be out on your own as soon as you can, as well. But if you do that right now, you're going to have extra bills and be forced to work even more. That's going to throw your entire school process out of whack. Guess what your number one priority was in that

scenario? Right, moving out. If it's the tail that's wagging the dog, it has become the number one priority. If it's disrupting work, and thereby disrupting your academics, then in my mind you've put your focus on the wrong thing.

Your number one goal should be finishing school on time, while attending as many connected events as possible. Meanwhile, keep working enough so that you're able to continue doing all this debt-free. If that means you're staying at home a little bit longer to pull it off, I'd do it!

– Dave

Dave Ramsey is an eight-time No. 1 national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions. ★

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Social Security Matters

Ask Rusty - About Social Security's Earnings Test and Cost of Living Adjustments



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Is there a limit on earnings when you're fully retired? Also, should all retirees receive COLA or is there an exception? **Signed: Retired But Wondering**

Dear Retired: Your questions are fairly simple but, nevertheless, often perplexing to those wishing to apply for Social Security, because the SS rules are many (over 2,700 of them) and those about to apply for their benefits may be simply unsure and want to avoid a costly mistake. I'm happy to answer your questions and, hopefully, clarify any uncertainties you have on these topics.

Social Security imposes an earnings limit on anyone who collects Social Security before reaching their full retirement age (FRA). If you haven't yet reached your FRA (somewhere between 66 and 67, depending on the year you were born), and you continue to work, there is a limit to how much you can earn before they take away some of your benefits. So, the answer to your first question is, yes, there is an earnings

limit (\$22,320 for 2024) if you haven't yet reached your full retirement age. If the annual earnings limit is exceeded, Social Security will take away some of your benefits (\$1 for every \$2 you are over the limit, up to the year you attain FRA when the assessment is less). However, if you have already reached your full retirement age the earnings limit no longer applies, and you can earn as much as you like without consequence. And here's a nuance to be aware of: if you work and exceed the earnings limit, and have some benefits withheld as a result, when you reach your FRA, you will get time credit for any months you didn't get benefits, which will result in your monthly amount being a bit higher after your FRA.

Regarding COLA (Cost of Living Adjustment), everyone, without exception, who has earned a Social Security benefit and reached eligibility age (62) receives the annual COLA increase whether they are already collecting their benefits or not. If you're not yet collecting, the COLA is added to your "primary insurance amount" or "PIA," on which your benefit will be based when you claim. If you are already collecting SS, COLA will be added to your gross monthly SS benefit amount. However, since there was a \$9.80 increase in the 2024 Medicare Part B premium, and since the Part

B premium is taken from everyone's SS benefit payment, Social Security recipients enrolled in Medicare Part B will not see the full 3.2% COLA in their net monthly Social Security payment. Everyone will receive the COLA increase, but no one enrolled in Medicare Part B will get the full COLA increase in their net SS payment because some of the COLA increase is used to pay their increased Medicare premium.

Social Security's rules are myriad and often confusing, but no question is too simple to be asked. The AMAC Foundation's Social Security Advisory Service is available, at no charge, to answer all your Social Security questions - SSAdvisor@amacfoundation.org via email, or call 1.888.750.2622.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

Inflation Hits California Families Hardest. It's Shaping Their Views on The Economy



By Dan Walters, CALMatters.org

On paper, the U.S. economy seems to be doing well with historically low unemployment. Yet most Americans have a sour view in recent polls, with stubborn inflation in living costs cited as the reason for that pessimism.

"As the 2024 general election begins in earnest, voters' assessment of the economy and of the candidates' ability to manage it will, as usual, have a strong impact on the outcome of the race," Brookings Institute stated in a recent analysis of economic attitudes. "With little more than seven months until Election Day, the economy remains a key advantage for former President Donald Trump, and a drag on President Biden's reelection prospects."

Biden needn't worry about losing California to Trump, but it has one of the nation's highest rates of inflation, according to Moody's Analytics, worsening its already outlandishly high costs of housing and other living expenses. It's the biggest factor in California having the highest level of functional poverty of any state, 13.2% according to the U.S. Census Bureau, about 50% higher than the national rate.

The Public Policy Institute of California, using similar statistical methodology, has found that a quarter of Californians are either living in poverty or financially close. More recently, the PPIC has explored the impact of inflation, especially on California families which struggle to pay for housing, food and other necessities.

In 2018-19, PPIC reported, "these necessities cost California's low-income households about \$26,000, on average; by 2024, these households would need to spend over \$32,000 on the same goods and services. By comparison, the top income group spent on average \$82,000 on these basics in 2018-19, which would now cost nearly \$100,000 in 2024."

The PPIC has found that "prices have increased unevenly across goods and services - with varying effects across households at different income levels. Food prices are up 27% compared to April 2019, and gasoline is up 29%. While expenditures on these goods and services make up large portions of most household budgets, lower-income households spend almost all of their resources (83%) on food, housing, transportation (including gasoline), and health care."

Obviously those on the lower rungs of the economic ladder have more difficulty adjusting to increases in living costs. It's not hyperbole to say that inflation is a major reason why so many Californians cannot move up that ladder. Meanwhile, efforts to

curb inflation have a compounding effect. The Federal Reserve System maintains high interest rates to cool off the economy and bring down inflation, but those interest rates make home ownership more difficult and affect businesses, which often raise the prices of goods and services to maintain profits.

Inflation also hits the public sector, increasing the costs of providing services and wreaking havoc on state and local government budgets. It's one of the reasons the state budget suffers from a massive deficit and why many cities, counties and school districts are struggling to balance their budgets.

By happenstance, the PPIC issued its report on inflation on the same day that BravoDeal, a website devoted to helping consumers find bargains, released its study of fast food prices, comparing four popular chains state-by-state.

Overall, fast food outlets in Mississippi had the lowest prices while those in Hawaii were the highest, followed by New York, New Jersey and California.

For example, a McDonald's Big Mac costs an average of \$5.11 in California but just \$3.91 in Mississippi.

Dan Walters is one of most widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981. He has been at CalMatters since 2017. ★

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COMICS & PUZZLES

The Spats by Jeff Pickering

POPEYE THIMBLE THEATRE PRESENTS

Amber Waves by Dave T. Phipps

Out on a Limb by Gary Kopervas

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Arm is not showing. 2. Dog's tongue is higher. 3. Leg is moved. 4. Ear is moved. 5. Tree limb is shorter. 6. Sweater is shorter.

TIGER by BUD BLAKE

GRIN & BEAR IT by Dave T. Phipps

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STATEPOINT CROSSWORD • SPACE

CLUES

CROSSWORD

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CLUES

ACROSS

- House pest
- Emergency responder, acr.
- Meme dance moves
- Below, prefix
- Swimmer's distance
- Not urban
- Take a base
- Grazing spot
- Stressful or un-nerving
- *Clint Eastwood's "Space ____"
- *First U.S. space station
- Salty dog's domain
- Fail to mention
- Spermatozoa counterpart
- Ukrainian person, e.g.
- State of submission
- Network of nerves
- Muscle or strength
- ____ Mara, Africa
- Shapeless form
- Cliffside dwelling
- *Saturn's environs, sing.
- Poetic feet
- Darn a sock, e.g.
- Per person
- Rendezvouses
- Mine entrance
- After-tax amount
- Litter's littiest
- French vineyard
- *"Mea ____," or "my fault"
- *"From the Earth to the Moon" author
- In the past
- Judge
71. Education station
- Order's partner
- Food between meals

DOWN

- Reduced Instruction Set Computer
- "I'm ____ you!"
- Not many (2 words)
- Dungeness and snow, e.g.
- *Circles of light around sun and moon
- 90-degree pipes, e.g.
- *____ Jamison, the first African-American woman in space
- Tetanus symptom
- Two-fold
- Diva's solo
- Prickle on a wire
- Sylvester Stallone's nickname
- Johnny Cash's "Get ____"
- Churchill/Roosevelt/ Stalin meeting site
- Model-builder's purchase
- Gorge oneself
- *Planet's path
- Type of consonant
- Skeleton, archaic
- Attention-getting interjection
- Like pink steak
- Of the Orient
- Jousting pole
- *____-year
- Opposite of flows
- *Solar ____ sun's emission
- Authoritative proclamation
- Walked with long steps
- *Solar System center
- Parcels
- Birth-related
- One-eighty
- Manitoba native
- Couple's pronoun
- Dorothy Hamill's turf
- Jon of "Game of Thrones"
- Pelvic parts
- Petroleum-exporting grp.
- Police informer
- VHS successor
- Palindromic title

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Nightmares and Hallucinations Could Signal Autoimmune Disease

A new study shows many people are unaware of mental and neurological symptoms of diseases such as lupus

UC Davis Health News Release

SACRAMENTO, CA (MPG) - An increase in nightmares and hallucinations could signal the onset of autoimmune diseases, such as lupus. These neuropsychiatric symptoms can also act as early warning signs and help people with lupus potentially identify a coming flare when their disease worsens for a period.

Those are the findings of an international team of researchers from the University of Cambridge, King's College London, UC Davis School of Medicine, and other institutions.

The study was published in eClinicalMedicine, a publication of The Lancet.

James Alan Bourgeois, a professor in the UC Davis Department of Psychiatry and Behavioral Sciences and vice chair of Hospital Psychiatry Services at UC Davis Health, is a co-author of the study.

"Many people don't know that neuropsychiatric symptoms, including confusion, hallucinations and vivid nightmares, can be part of autoimmune diseases like lupus," Bourgeois said. "If someone presents with new psychotic symptoms and has other autoimmune symptoms, and a family history of autoimmune disease, a provider is advised to clinically evaluate him or her for lupus before assuming a patient has schizophrenia or other primary psychotic disorder."

Melanie Sloan is a researcher in the Department of Public Health and Primary Care at the University of Cambridge and lead author of the paper. "It's important that clinicians talk to their patients about these types of symptoms and spend time writing down each patient's individual progression of symptoms," Sloan said. "Patients often know which symptoms are a bad sign that their disease is about to



Neuropsychiatric symptoms, including confusion, hallucinations and vivid nightmares, can be part of autoimmune diseases like lupus," said James Alan Bourgeois, a professor in the UC Davis Department of Psychiatry and Behavioral Sciences. Photo courtesy Pixabay

flare, but both patients and doctors can be reluctant to discuss mental health and neurological symptoms, particularly if they don't realize that these can be a part of autoimmune diseases."

Lupus, formally known as systemic lupus erythematosus (SLE), is an autoimmune inflammatory disease known for its effect on many organs, including the brain. According to the Lupus Foundation of America, about 1.5 million people in the U.S. have lupus, and an estimated 5 million globally. The majority of those

with lupus — nine out of 10 — are people who were designated female at birth.

Methods

The researchers surveyed 676 people living with lupus and 400 clinicians. They also conducted detailed interviews with 69 people living with systemic autoimmune rheumatic diseases (including lupus) and 50 clinicians.

In the study, the team asked patients about the timing of 29 neuropsychiatric symptoms (such

as depression, hallucinations, and loss of balance). In interviews, patients were also asked if they could list the order of symptoms that usually occurred when their disease was flaring.

One of the more common symptoms reported was disrupted dream sleep, experienced by three in five patients, a third of whom reported this symptom appearing over a year before the onset of lupus.

Just under one in four patients reported hallucinations, although for 85% of these, the symptoms

did not appear until around the onset of the disease or later.

When the researchers interviewed the patients, however, they found three in five lupus patients and one in three with other rheumatology-related conditions reported increasingly disrupted dreaming sleep just before their hallucinations.

These nightmares were often vivid and distressing, involving being attacked, trapped, crushed or falling.

The study interviewers found that using the term "daymares" to talk about hallucinations often led to a "lightbulb moment" for patients, and they felt that it was a less frightening and stigmatized word.

Patients experiencing hallucinations were reluctant to share their experiences. Many specialists said they had never considered nightmares and hallucinations as being related to disease flares.

David D'Cruz is a professor from King's College London and senior author of the study. "For many years, I have discussed nightmares with my lupus patients and thought that there was a link with their disease activity," D'Cruz said. "This research provides evidence of this, and we are strongly encouraging more doctors to ask about nightmares and other neuropsychiatric symptoms — thought to be unusual, but actually very common in systemic autoimmunity — to help us detect disease flares earlier."

The importance of recognizing these symptoms was highlighted by reports that some patients had initially been misdiagnosed or even hospitalized with a psychotic episode or suicidal ideation, which was only later found to be the first sign of their autoimmune disease.

The research was funded by the U.K.-registered charity The Lupus Trust. ★

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