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Gold River Messenger

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Serving Gold River and Sacramento County

JUNE 2024

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HONORING GENERAL BUD ANDERSON



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Disabled Veteran Gets 'Best Buddy'



Veteran Dennis Deutscher, kneeling in the center, and pup, Lily, are joined by service dog sponsors, from left, Al Gonzalez, RRUFF Healing Heroes; Higher Purpose Foundation supporter Teri O'Sullivan; Foundation President Whitney Webb; Vicki Curtis, RRUFF Healing Heroes, All Stage Canine Development owner Miranda Viani; and Yvette Kroesing, Creme Brulee Goldens.

Story and photos by Susan Maxwell Skinner

CITRUS HEIGHTS, CA (MPG) - A four-legged friend has quadrupled happiness for a Mather veteran with PTSD syndrome. Former US Navy electrician Dennis Deutscher (55) recently took delivery of a service-puppy-in-training, golden retriever Lily.

"It's one of the brighter experiences

of my life," says Deutscher. "For me and Lily, the sky is blue and the sky's the limit."

The adoption was made possible by a recent "Ride For Reason" fundraiser for the Carmichael-based Higher Purpose Foundation. Fronted by Tesla rock band singer Jeff Keith, the nonprofit organization sponsored a 400-rider motorbike convoy from Folsom to Roseville.

Although the event collided with

a rainstorm, Keith and friends hung tough and raised \$24,000. Proceeds will help youth in foster programs and have provided Deutscher with a golden-coated companion.

The veteran and pup introduction brought tears to many eyes. At All Stage Canine Development in Citrus Heights, the 12-week-old golden retriever jumped from a trainer's arms, bounced past a dozen

Continued on page 3

Big Day of Giving Big Deal

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Local non-profit organizations were big winners in the May 7 Big Day of Giving. Many achieved support that surpassed their hopes.

Choreographed by the Sacramento Region Community Foundation, the 24-hour give-a-thon this year helped 826 organizations and raised record donations. Gifts totaled more than \$13.25 million. Since the 2013 inception of this annual appeal, public philanthropy has helped Sacramento, Yolo, El Dorado and Placer County charities to the tune of \$100 million.

Administered by the American River Natural History Association, Effie Yeaw Nature Center is funded solely by public support. Big Day of Giving boosted donations by \$65,000.

"We had matching funds from two of our strongest supporters," said staffer Kalee Christensen. "It was an exciting day for us watching our computers and seeing funds come in. They'll help us enormously."

Carmichael Library Friends gained a share of almost \$98,000 donated to Sacramento Public Library's Friends organization. Summer reading programs and a scheme that gives free books to hundreds of Carmichael children will be funded.

"We're so grateful for community generosity," said local Friends President Barbara Safford. "The lifetimes of many wonderful children will be enriched by reading."

Carmichael Kiwanis raised \$12,500. Its bottom line also benefited from a \$500 booster prize for most donations between 5 and 6 a.m. A random prize from Big Day of Giving organizers brought in another \$100.

"I'm always impressed by the generosity of our club members and our community," said Kiwanian Mike Koerner. "We're all about helping kids. These donations go a long way toward that aim."

Carmichael Parks Foundation gained almost \$20,000 to boost park beautification and youth programs. This total includes gifts from the Borman family, community benefactor Susan Marszal and former

Continued on page 4

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 Frece 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. ★



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Local Blue Star Museums Offer Free Admission

**Traci Rockefeller Cusack,
T-Rock Communications
News Release**

SACRAMENTO, CA (MPG) - Seven Sacramento area museums are participating in Blue Star Museums to offer free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve, from Armed Forces Day on May 18 through Labor Day on September 2, 2024. A partnership between the National Endowment for the Arts and Blue Star Families in collaboration with the Department of Defense and museums across America, the local museums participating in the 2024 Blue Star Museums program include the following: Aerospace Museum of California, California Automobile Museum, California Museum, Crocker Art Museum, Fairytale Town, Sacramento Children's Museum and Sacramento History Museum.

The free admission program is available for those currently serving in the United States Military—Army, Navy, Air Force, Marine Corps, Coast Guard, including Reservists, National Guardsman

(regardless of status), U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for complimentary entrance into a participating Blue Star Museum.

Before planning a visit, guests are encouraged to contact the individual museums for hours of operation and note some are normally closed on Mondays and in observance of holidays such as Memorial Day and Labor Day. For more information or a complete list of participating Blue Star museums, please visit <https://www.arts.gov/initiatives/blue-star-museums>. For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.facebook.com/SacMuseums, follow them on Instagram and X @SacMuseums or visit the user-friendly website at www.SacMuseums.org. Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at www.sacmuseums.org. ★

American River Trail Guide Released

By MPG Staff

SACRAMENTO, CA (MPG) - Outdoor enthusiast Ashley Shult Langdon is on a mission to help residents find new ways to discover and enjoy Sacramento's wild and scenic river with her upcoming trail guide, "Mildly Scenic: A Trail Guide to Sacramento's Lower American River." The first-of-its kind book will be released on May 14.

"What began during the pandemic as a way to keep my preschool-aged boys from climbing out the windows soon turned into delightful daily discoveries along the Lower American River," said Langdon. "It's the guide I wished I'd had at my disposal in 2020."

Langdon wanted to provide closer, easier doorways to nature for more residents.

"There's no need to drive far or wait for the weekend - there's a little slice of wild, natural beauty running right through Sacramento County," said Langdon. "Spotting river otters on a run between work calls or finding wildflowers during an after-school outing is entirely possible."

In researching her book, Langdon became Sacramento's local expert for the vast network of trails, many of which have never been published in a trail guide or on a county map. So Langdon reached out to Sacramento State's Geography Department to set "Mildly Scenic" at the center of the upper division coursework last fall. In just a few short



Ashley Shult Langdon poses with her book, "Mildly Scenic: A Trail Guide to Sacramento's Lower American River." Photo courtesy of Ashley Shult Langdon

months, the students and their professor, Dr. Anna Klimaszewski-Patterson, churned out 18 original maps prominently featured throughout the trail guide.

"We were thrilled to have our undergraduates engage as a part of this story via their expertise in GIS and mapping to help put this valuable resource in the hands of explorers of all ages," said Dr. Klimaszewski-Patterson.

Looking to elevate "Mildly Scenic: A Trail Guide to Sacramento's Lower American River" beyond a basic trail guide, Langdon collaborated with Greg Traverso, graphic designer and pop artist, who is the mastermind behind the book's cover design.

"From the beginning, Greg looked beyond what I was doing with the book and saw 'Mildly Scenic' as a lifestyle," Langdon said. "And from there, he helped me build this

super fun, engaging and beautiful book."

The result is a 136-page full-color trail guide with photos, easy-to-read maps, at-a-glance trail tips and more than 70 options for trails from downtown Sacramento to Lake Natoma that families, runners, walkers and sun-bathers can all enjoy. Put simply, if you're looking for an easy out-and-back loop in the sunshine or an affordable activity for out-of-town guests, "Mildly Scenic" has got you covered.

"I'm excited for people to be able to use this guide just in time for summer. How lucky are we to have the mildly scenic American River right in our backyard? It's wild and scenic," Langdon said.

"Mildly Scenic" will be available in print (\$24.99) at bookstores and in eBook (\$9.99). For more information, visit mildlyscenic.com. ★

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Disabled Veteran Gets 'Best Buddy'



Lincoln-based RRUFF Healing Heroes sponsors present a check contributing \$5,000 toward the cost of service dog Lily's training at All Stages Canine Development in Citrus Heights.

Continued from page 1
onlookers and claimed her future master.

"How did she know it was me?" marveled the vet. "It was like someone sprayed me with some magic dust. She was excited and kissing me. I could help but tear up."

Deutscher's military career ended in 1992. The aviation electrician serviced F 18 Fighters during Operation Desert Storm. At 19 years old, he was devastated by a 1989 explosion on board the super-carrier USS America.

"I was right by the explosion," he recalled. "Two of my friends died. My PTSD came mostly from then. I fought things I'd seen, also the stress of long war-time hours. In my generation, we hid our feelings. I didn't know I had PTSD 'til a couple of years ago. It cost me jobs and ruined relationships. Substance abuse was the only way I could calm my brain."

After his troubled years and a spell of homelessness, Deutscher is now drug-free and lives in Veterans Village, Mather, where he's at last being treated for his emotional injuries.

"Lily is a game-changer," he said of his new friend. "I had dogs growing up. I knew a service dog would brighten my days and be a huge support for me."

Lily has not disappointed.

"She's so good," Deutscher said. "She sleeps by me and doesn't move 'til I wake up. Then she puts her arms on my shoulders and kisses me to say good morning."

"From the moment I met her, it's been awesome," he said. "I feel my anxiety

level has changed. She makes me calm. We go on walks and if people talk to her, she'll give them a few seconds, then come right back to me. She never leaves my side. she's my best buddy."

A Tesla fan since high school in Lodi, Deutscher connected with the Higher Purpose Foundation, a cause his rockstar hero Keith supports, during the motorbike ride fundraiser.

Explained Foundation President Whitney Webb, a Carmichael resident: "We'd decided to use some of our funds for a dog for a veteran. When I met Dennis, we talked and both ended up in tears. I knew right away he was meant to receive this gift."

Bred by Crème Brulee Goldens, Sacramento, the dog's initial food, veterinary costs and training are covered by the gift. RRUFF Healing Heroes, a Lincoln-based agency that sponsors service dog training for disabled veterans, also contributed \$5,000 to training costs.

"I don't see how Lily could be better than she already is," Deutscher said. "But we'll learn skills together. If it makes her a better dog, it'll make me a better person."

"I'd wanted a service dog for some time. Because of the cost, it just wasn't possible. Everyone involved in this gift has shown me love and compassion," Deutscher said. "It's truly a God thing that they found me and gave me this fantastic companion."

Learn about the Higher Purpose Foundation at www.higherpurposefoundation.org. ★



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Big Day of Giving Big Deal

Register Now for Farm Camp



Carmichael Library will benefit from the recent Big Day of Giving. Giving a thumbs up for almost \$98,000 in donations to Friends of the Sacramento Public Library are Sacramento Library staffer Catlin Greenwood, left, and Carmichael Library Friends Barbara Safford, Margot Howard and Sydney Sadler.



Summer break can be fun and educational at the same time. Photo courtesy Food Bank Farm

Orangevale-Fair Oaks Food Bank Farm

ORANGEVALE-FAIR OAKS, CA (MPG) - Summer is approaching and it's almost time for farm camp at the Orangevale-Fair Oaks Food Bank Farm.

Three farm camps run from June 12 to 14, July 17 to 19, and Aug. 7 to 9. The three-day sessions run from 8 to 11 a.m. Registration is open to students entering first- to fifth-grade in the 2024/2025 school year.

The program offers local children a hands-on exploration of food systems, agriculture and community involvement. Through interactive and engaging learning activities, children emerge with a newfound understanding of their role in shaping a sustainable and compassionate future.

Farm camp volunteer and Future Farmers of America member Aliyah Wong

describes the camp as a way to teach participants about farming in an immersive environment while fostering a connection to agriculture and food. Food systems are not necessarily something residents think of when it comes to local agriculture, according to Wong.

Wong has volunteered at the Orangevale-Fair Oaks Food Bank Farm summer camp for several years, something she takes pride in.

"I am very big on community service and I like teaching people more about ag, things they didn't necessarily know before. I think it's important to know where your food comes from," Wong said.

Wong particularly likes how farm camp integrates community values into the camp activities. Camp participants take a food bank tour and learn how the farm and the food bank work together to help the community. The

Food Bank Farm provides fresh produce to all residents in need and the farm grew more than 300 pounds of fresh produce in the last month alone.

Each week at farm camp has a different theme so children can participate in all three but the activities and primary curriculum are similar. Children rotate activities and delve into various topics, such as seed germination, pollination, insect lifecycles, composting, garden care and food preservation.

Farm camp guarantees an adventurous and enriching summer experience for youth. They can explore exciting topics, get their hands dirty and develop a deeper appreciation for the crucial role of agriculture in nourishing the community.

Register for one week or all three weeks at <https://www.foodbank.farm/farm-camp>. Space is limited to 30 campers per session. ★

Continued from page 1

Supervisor Susan Peters.

Current Supervisor Rich Desmond included the Parks Foundation among 24 Big Day of Giving donations. His choices included Carmichael Kiwanis, Sacramento Fine Arts Center, Fair Oaks Rotary, Carmichael HART and the San Juan Education Foundation. "I dedicate District 3 discretionary funds, as well as my personal funds," he said. "I chose organizations that help our most vulnerable residents, care for animals, promote arts and culture, and generally improve quality of life."

Boosted by Desmond's donation and a further \$20,000 in gifts, Sacramento Fine Arts Center exceeded Big Day of Giving hopes.

"These donations are vital to keeping the center and our programs going," said Sacramento Fine Arts Center executive Angelia Gordon. "We're grateful for so much generosity."

Nature protectors opened wallets wide across the region. Placer Land Trust's appeal yielded nearly \$194,000. The American River Conservancy was enriched by more than \$34,000. The American River Parkway Foundation and Save the American River Association gained \$21,048 and \$18,395 respectively. Soil Born Farms, a Rancho Cordova enterprise that promotes sustainable food production, harvested almost \$21,000.

May 7 also restocked food closets. Donors fed Sacramento Food Bank and Family Services more than \$255,000; Sacramento Loaves and Fishes more than \$165,000; Yolo Food Bank almost \$146,000. Locally, Fair Oaks/Orangevale Food Bank gained more than \$33,000. Carmichael's Homeless Assistance Resources Team was boosted by almost \$5,000.

Top regional beneficiaries included Sacramento Philharmonic and Opera with more than \$327,000 to sing about. The

Salvation Army drummed up more than \$322,000; Sacramento SPCA scooped \$221,705; ACC Senior Services got \$204,957.

Culture was handsomely applauded. B Street Theatre (The Sophia) raised nearly \$104,000. The Crocker Art Museum collected more than \$92,570. CapRadio beamed in around \$94,000. Stage patrons backed Fair Oaks Theater Festival to the tune of \$10,000.

In North Highlands, California Aerospace Museum was refueled with more than \$26,000.

"Sending kids to programs for hands-on STEM learning would not be possible for some families without this generosity," said museum director Karen Jones. "Almost 86 per cent of our summer campers are on scholarships. These are largely enabled by BDOG."

Youth charities compelled grown-up generosity. Sacramento Children's Home collected more than \$176,500. Shriners Hospitals brought in \$82,677. Kiwanis Family House banked \$73,500-plus. Children's Receiving Home of Sacramento supporters gave more than \$59,000.

"Big Day of Giving allows the community to learn about nonprofits," explained Sacramento Region Community Foundation officer Kelly Siefkin. "Participating organizations also love to build relationships with new donors. This year, we lowered the gift minimum to \$10. This made philanthropy more accessible."

Perhaps \$10 doesn't seem much. But small donations make a huge difference. With average gifts still under \$50, they added up to \$13.2 million."

The next Big Day of Giving is scheduled for May 1, 2025. For more details, visit www.bigdayofgiving.org.

This report reflects Big Day of Giving leaderboards. Some May 7 donations are not recorded, as of press time. ★



Carmichael Kiwanis Club members rejoiced at receiving \$12,500 in donations.

180-Plus AVID Students Celebrated



Mustafa Al Hilfi, a Mesa Verde High School 12th-grader, said that the AVID program made it easy for him to take the next step to attend college. Courtesy photo

San Juan Unified School District News Release

SACRAMENTO, CA (MPG) - Families and friends filled Mesa Verde High School's stadium on April 25 to celebrate the graduation of more than 180 San Juan Unified School District students at its Advancement Via Individual Determination (AVID) Senior Celebration.

AVID is an elective class that equips students with essential life and academic skills such as reading, writing, organization, communication and collaboration. The overall mission is to prepare all students for college readiness and success.

This year, seven student speakers represented the seven San Juan Unified high schools in attendance. Each 12th-grader

was awarded an embroidered graduation stole because of their commitment and work throughout their time in AVID.

Mustafa Al Hilfi, a Mesa Verde High School AVID 12th-grade student who immigrated from Baghdad, Iraq, said he was initially overwhelmed by the transition but found a sense of belonging and purpose through the program.

"When I first immigrated to the United States, I kind of had an identity crisis. I didn't feel I belonged here. After joining AVID, I realized everyone around me had the same goals, same ideas and same interests. AVID paved the way and made it really easy for me to go to college," Al Hilfi said.

Leslie Peoples, the Mesa Verde High AVID coordinator, emphasizes the program's focus on deliberate strategies for success, ranging from organization and time management to communication and goal setting.

"I have been an AVID coordinator at Mesa Verde High School since 2011 and 100% of our graduates have earned admission to a four-year college," Peoples said.

Beyond academics, AVID fosters personal growth and development, instilling valuable life skills that extend far beyond the classroom.

"I think AVID builds structure, fosters good relationships and really builds a solid foundation for kids to be successful not only in the classroom but also in their future," Peoples said.

San Juan Unified is proud to celebrate the endless opportunities available to students because of their hard work and dedication. ★

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Service Salutes Heroes



Veterans and supporters gather for a Memorial Day service at the Vietnam Monument, Carmichael. The edifice commemorates La Sierra High School alumni who died in Vietnam.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG)

Carmichael's Vietnam Monument was last weekend central to Memorial Day commemorations. Flags, flowers, and memories were shared by more than 100 visitors.

US Army Brigadier General Don Currier (retired) gave the address. "The vast amount of this country's success has come because of sacrifices made so we could have our freedoms," considered Currier. "This great nation did not happen in a day; it took more than 200 years -- and the blood and toil of those

who came before us.

"Heroes aren't found in sports arenas or movies," he continued. "They're found on battlefields. We all benefit from these heroes, and from the pain shouldered by their families."

Reverend Kathleen Marie gave the invocation. The La Sierra High graduate is sister to Thomas Pigg, one of 15 Vietnam war dead commemorated by the steel monument. "My brother's death greatly affected our family," she recalled. "Though (most of the family) is gone now, they went bearing the pain of his loss."

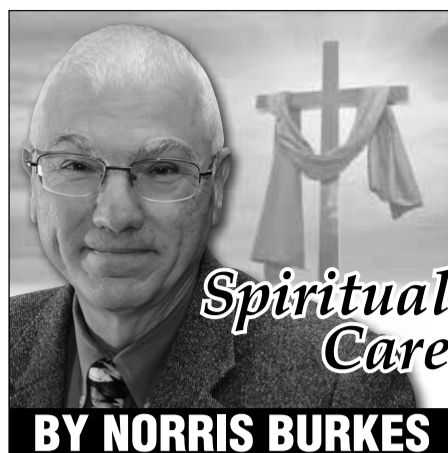
A first-known monument to Vietnam War losses in California, Carmichael's memorial stands in Koobs

Nature Area. Dedicated in 1972, it honors La Sierra High School alumni who fell in the long conflict.

Those commemorated are Robert D. Anderson, Mark W. Burchard, Robert S. Byrnes, Jerry Cowsert, Kenneth R. Escott, Gary R. Field, Herbert Frenzell, Frank Thornburg, Ralph Guarienti, Larry H. Morford, Thomas C. Pigg, Randall B. Rainville, Kim Richins, Jeffry Tharaldson and Robert A. Willis.

Koobs Nature Area is located at 5325 Engle Road, Carmichael. Access is available first Saturdays monthly, March through October. For information go to Koobs Nature Area's Facebook page. ★

"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. ★

Effie Gala Back June 9



Auctioneer Keith McLane coaxes auction bids during an Effie Yeaw Nature Center gala.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Nature lovers will open their hearts and wallets for the Effie Yeaw Nature Center gala on June 9.

Dubbed Camp Effie Yeaw, the fundraiser has been reinvented as a glamorous camping experience with barbecue feasting and a S'mores buffet.

Supporters of the beloved Carmichael nonprofit organization will wine and dine in plain air and likely see wildlife within yards of their tables. The center's biggest fundraiser last year drew more than 150 guests.

Rio Americana High School musicians will provide a jazzy background as Good Day Sacramento host Molly Reihl emcees. Keith McLane will scare up auction bids. Much of the proceeds will fund programs for schools that could not otherwise afford nature experiences for students.

Gala fundraising includes raise-the-paddle opportunities and art sales. VIP donations this year include works from Carmichael painters Pat Mahony, Tom Sellas and the late Earl Boley. Most items

are currently displayed for preview at Sacramento Fine Arts Center in Carmichael.

The auction also offers immersive guided hikes, flight lessons, travel holidays and wildlife interactions. For theater lovers, tickets for the ballet "Dracula" and musicals "Hamilton" and "Tina Turner" will fall to the highest bidders.

Administered by the American River Natural History Association, Effie Yeaw Nature Center annually welcomes more than 100,000 visitors. An adjacent preserve is a protected home to wildlife. The facility, preserve and all its educational programs are supported entirely by public and corporate donations. The nature center is at Ancil Hoffman Park, 2850 San Lorenzo Way

Gala tickets are \$180 (\$165 for ARNHA members) per person.

Camp Effie Yeaw gala sponsors include Casino Mine Ranch, Rombauer and Vino Noceto wineries; River City Brewing Company; Kip and Illa Skidmore; cbeco engineering. Catering is by Buckhorn Grill. For fundraiser information, visit www.sacnaturecenter.net.

Purchase tickets at <https://www.effie-yeawnature.org/feast-in-the-forest>. ★

SMUD's Shine Program Accepting Applications



SMUD News Release

SACRAMENTO REGION, CA (MPG)

The SMUD Shine Awards' application period opened for nonprofit 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 range from \$5,000 to \$100,000 and are very competitive. Any incorporated nonprofit 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 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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With Mary Jane Popp

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!** ★



That's a Pretty Good Deal

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. ★

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

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ACROSS

- House pest
- Emergency responder, acr.
- Meme dance moves
- Below, prefix
- Swimmer's distance
- Not urban
- Take a base
- Grazing spot
- Stressful or unnering
- "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
- Rendezvous
- Mine entrance
- After-tax amount
- Litter's littiest
- French vineyard
- *"Sun's outer layer, not beer brand
- *Second S in ISS
- Ancient Celtic priest
- Sun kiss
- "Mea ____," or "my fault"
- "From the Earth to the Moon" author
- In the past
- Judge
- 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
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Fair Oaks Honors Fallen Heroes



The 26th annual Memorial Day ceremony May 25 at the Fair Oaks Cemetery had an overflowing crowd. In the front row are event Chairperson Elizabeth Ruygt, guest speaker Lily Rodriguez and State Sen. Roger Niello. In the back row are Matt Ceccato (U.S. Representative Ami Bera's deputy chief of staff), Supervisor Rich Desmond and Fair Oaks Cemetery District Chairperson Pete Schroeder. Courtesy photo

By Elizabeth Ruygt

FAIR OAKS, CA (MPG) - The 26th annual Memorial Day ceremony at the Fair Oaks Cemetery on Olive Street had an overflowing crowd honoring the country's fallen heroes on May 25.

The ceremony started off with bagpipers marching through the cemetery with the Avenue of Flags fluttering in the light breeze and every veteran's grave with a cross or Star of David topped with an American flag on it.

Fair Oaks Cemetery District Chairperson Pete Schroeder welcomed the attendees.

Mark Rice provided the invocation and benediction.

Soloist Anne Peter added to the ceremony, inviting the audience to sing along with her.

Dignitaries speaking for a few minutes were Deputy Chief of Staff Matt Ceccato representing U.S. Representative Ami Bera, M.D.; State Sen. Roger Niello; and Sacramento County Supervisor Rich Desmond.

Guest speaker Lily Rodriguez, a Troop 380



Boy Scouts of America Troop 380 on March 25 presents the colors for the raising of the flag donated by U.S. Representative Ami Bera, M.D. Courtesy photo

Eagle Scout, spoke on the ceremony's theme, "Women in a Time of War from the American Revolution to World War II," highlighting the contributions women made before they were allowed to be combat soldiers.

Boy Scouts of America Troop 380 members did a memorable flag ceremony as they retired the current flag flying on the Memorial Monument. The Scouts replaced it with a flag that had flown over the nation's Capitol donated by Bera as "Taps" were played and the bagpipers and drummer played "Amazing Grace."

The ceremony ended with

a laying of the wreath honoring those who sacrificed their lives for citizens' freedoms. After the service, attendees enjoyed homemade cookies, ice cream, fruit cups and lemonade served by Barbara Roper and her volunteers.

American Legion 383 Auxiliary members, as they do every Memorial Day ceremony, handed out poppies and explained to children and others that the poppy is a reminder of the sacrifices so many have made to keep this country free. The poem, "Flanders Field," is the inspiration for this practice.

Elizabeth Ruygt is the 26th annual Memorial Day ceremony chairperson. ★

Honoring General Bud Anderson



Bud Anderson stands in front of his beloved Old Crow plane. Photo courtesy of the Aerospace Museum of California



A young Bud Anderson is happy to serve his country. Photo courtesy of the Aerospace Museum of California

Aerospace Museum of California News Release

MCCELLAN, CA (MPG) - On May 17 at 5:29 p.m., World War II Triple Ace Brigadier General Clarence E "Bud" Anderson passed away in his home peacefully in his sleep, surrounded by his family. He was 102.

Brigadier General Anderson, a true American hero, achieved more than 16 victories in aerial combat during World War II while flying his P-51 Mustang, Old Crow. Throughout his distinguished military

career, Anderson flew three different models of the P-51 Mustang, all proudly bearing the name and paint scheme of "Old Crow."

The Aerospace Museum of California "extends heartfelt condolences for the passing of this remarkable U.S. Air Force pilot. His bravery and dedication to our country's freedom will forever be honored and remembered at the Aerospace Museum of California.

Our world is a better place because of him and the incredible legacy that he leaves behind. Always a kind gentleman and a

true friend of the museum, Bud graciously signed autographs, answered any questions, and offered a firm handshake accompanied by his warm Anderson smile. He generously shared his incredible stories and personal artifacts with the public and his contributions have enriched our understanding of history and inspired countless individuals.

A hero, legend, fighter ace, role model, and American icon, may he forever fly in blue skies. General Bud, you will always be remembered."

Learn all about his legacy and more at <https://toflyandfight.com/>.

Honor General Bud with a donation to the Brigadier General Bud Anderson STEM Education Fund. Triple Ace General Bud Anderson has made many incredible contributions to aviation, and he will continue to inspire future generations to explore STEM careers. His love and passion for education are at the heart of the museum's mission to "honor the past and inspire the future through STEM education." ★

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AMERICAN/HISPANIC GROCERY

Cherry's My BFF Honey Nut Family Size 18.5 oz \$4.99	Roma Detergent Powder 5 lbs \$10.99	Zulka Pure Cane Sugar 4 lbs \$3.99	VS Beet Ginger Lemon Juice 46 fl oz \$1.49	Kingford Charcoal Original 16 lbs \$15.99
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ASIAN GROCERY

Three Ladies Viet Pho Noodles 2 lbs \$4.99	Amira Oint Tamarind Candy 10.5 oz \$1.99	Deja Mini Wafers Bites 6.35 oz \$2.99	Hello Bee Bee Snow Cracker 17.6 oz \$6.99	Bamboo Tree Coconut Water 1 liter \$1.99
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EUROPEAN GROCERY

Allegro Pure Sunflower Oil 5 liters \$17.99	Sofal Special Black Tea 50 T/B \$5.79	Al Amira Pumpkin Seeds 300 gr \$4.99	Maria Cortina Maria Cookies 200 gr \$1.59	Indo-European Rose Water 10 oz \$1.99
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KOREAN/JAPANESE GROCERY

Mixed 7 Gapsin \$6.99	Korean BBQ Sauce 4 kinds 840 g \$3.99	Tea Herb Sonaghan 30 pk 3000 ml \$4.99	Dried Brocken 5 oz \$6.99	Soy Sauce for Pickled Vegetables 17 liters \$6.99	Premium Dried Kelp 55 g \$2.99
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Nori East Furikake 17 oz \$2.49					

HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99	KALZEN WOK PAN 33 CM \$14.99	WATERMELON SLICE KNIFE \$3.99
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FROZEN & FISH DEPT

Tilapia Fillets 2 lbs REG. \$5.99/ea \$5.99/ea	Asian Style Cold Noodles 4.4 lbs REG. \$7.99/ea \$4.99/ea
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WEEKLY MEAT SPECIALS

Beef Rump/Bottom Round Roast - Bnls Pulpa Contra en Trozo sin Hueso \$4.99/lb	Beef T-Bone Steak Filet Chuletón de Ternera \$6.49/lb	Beef Porterhouse Steak Filet Bisteque de Ternera \$6.99/lb
Pork Spare Ribs (Single Pack) Costillitas de Cerdo \$3.99/lb	Boneless/Skinless Chicken Breasts Pechuga de Pollo sin Hueso \$2.49/lb	Pork Butts Bone In Trozo de Paecro con Hueso \$2.99/lb
Pork Tenderloin Lomo de Cerdo \$3.99/lb		

FROZEN & FISH DEPT

Breaded Crab Claw 1.5 lbs \$5.99/ea	
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EUROPEAN DELI

Turkey Breast Pepper Black Forest Ham \$12.49/lb	Mixed Olives Salad \$4.69/lb	Olives Stuffed \$4.99/lb
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 05 - JUNE 11, 2024.