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Foundation Receives Award of Recognition



Members of the Rosemont Community Foundation pose alongside Cordova Recreation and Park District directors and staff after accepting their award of recognition at the Cordova Recreation and Park District's regular board meeting on June 19. Photo courtesy of Cordova Recreation and Park District

By Elena Burgé, Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - During the Cordova Recreation and Park District's board meeting on June 19, the Rosemont Community Foundation was presented with an award of recognition from the California Association of Recreation and Park Districts for the Rosemont Community Poles Project.

The Rosemont Community Foundation was honored with the Outstanding Community Organization/Partner Award by the California Association of Recreation and Park Districts at their conference in May, where they were recognized for



Cordova Recreation and Park District board members, staff and Kathy Gee celebrate the installation of the Rosemont Community Poles Project. Photo courtesy of Cordova Recreation and Park District

their outstanding commitment to fostering community through a community beautification project. Kathy Gee, community advocate and board director, accepted the award on behalf of the

Rosemont Community Foundation.

The Rosemont Community Poles Project was an effort by the community to improve the Rosemont community through the addition of art that reflected their community's values. Gee brought the idea to Cordova Recreation and Park District, suggesting that four poles, decorated by community organizations to capture the spirit of the Rosemont Community, be installed in the newly-refurbished butterfly garden in the Cordova Recreation and Park District's Rosemont Community Park.

Once Gee received a grant from SMUD for the project, the Rosemont

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Mobile Integrated Health Advances

By Margaret Snider

MATHER, CA (MPG) - In 2010, Scott Perryman was a firefighter/paramedic for Sacramento Metropolitan Fire District and was also in physician assistant school. With the swine flu pandemic of 2009-2010, he said, the medical system needed changes. By 2014, working with representatives from Cosumnes Fire, Sacramento City Fire, Metro Fire, and each of the health systems, the launch of Mobile Integrated Health seemed closer but progress was slow.

When COVID-19 hit in 2020, "There was a nursing home, their whole second floor was all COVID positive," said Perryman. "They called County Health and said, we're going to send these people, and there were over 10, to the emergency room unless you can do something for us. That would have been 10 ambulances, that would have been 10 isolation rooms. There wasn't the real capacity."

Sacramento County Public Health Officer Olivia Kasirye, M.D., was aware of Mobile Integrated Health and called up the Sac Metro Fire Chief. Within one to two weeks, Mobile Integrated Health was happening.

"We already had the framework; we just needed the red tape to be removed..." Perryman said. "We did thousands, tens of thousands of COVID tests in the most vulnerable of the population."

Sacramento Metropolitan Fire was quickly joined by Cosumnes Fire and Sacramento City Fire to address the problems.

During the last 20 years in Sacramento County, there has been a 67% increase in 9-1-1 calls and only a 9% increase in population size. Many 9-1-1 calls are for minor issues because patients cannot get an appointment with their primary physician or could not make the trip to an urgent care within their range.

The increase in 9-1-1 calls has often resulted in emergency room ambulance/patient offload delay. Ambulances and personnel can be tied up for hours waiting for a bed to open, unable to respond to other emergency calls. Mobile Integrated Health takes evaluation and treatment to the patient, when appropriate, instead of taking the patient to the emergency

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Youth Offered Free RydeFreeRT Cards

Sacramento Regional Transit News Release

SACRAMENTO, CA (MPG) - Area youth can enjoy more freedom this summer to get to jobs, shopping centers, restaurants and more via Sacramento Regional Transit District's RydeFreeRT, the fare-free transit program for students/youth.

The cards are valid for transitional kindergarteners through 12th-graders.

New RydeFreeRT cards with a valid date of June 1, 2024, through June 30, 2025, are now available for students to ride for free the entire SacRT transit network, including Sacramento Regional Transit District fixed-route buses, light rail and SmARt Ride on-demand micro transit service.

RydeFreeRT is available daily during regular SacRT service hours.

To ride free, students/youth need a valid RydeFreeRT card. Youth who are experiencing homelessness or taking



Youth from transitional kindergarten through 12th-grade can ride free for the summer with the RydeFreeRT card. Photo courtesy of Sacramento Regional Transit District

part in foster programs can participate in the program, regardless of their current residence or school address.

Students and youth who do not have a RydeFreeRT card can visit Sacramento Regional Transit District's Customer Service and Sales Center at 1225 R St. (adjacent to the 13th Street Station) or a participating Sacramento library. For more information, visit rydefreert.com or call 916-321-BUSS (2877).

Launched in 2019, RydeFreeRT was the first unrestricted youth fare-free ride program in the country, according to Sacramento Regional Transit District. The 265,000 youth living in Sacramento Regional Transit District's service area, from transitional kindergarten to 12th-grade, including home-schooled students, foster and unhoused youth, can ride all buses and light rail trains for free, all day, any day of the year.

The RydeFreeRT program has helped boost student ridership, which now accounts for nearly 25% of all Sacramento Regional Transit District bus and light rail rides over the last year. In fact, student ridership is on pace to carry 4.2 million youth in Fiscal Year 2024, double what it was in 2019 pre-pandemic.

Note: The RydeFreeRT program does not apply to those over 18 years old that are pursuing their GED. ★

CRPD Board Recognized for Commitment to Leadership



CRPD Directors, Mark Matus (left) and Daniel Langan (right), accept their certificates at the CRPD Regular Board meeting on June 19, 2024. Photo courtesy of CRPD

By Elena Burgé, Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - Cordova Recreation and Park District (CRPD) Board Members Daniel Langan and Mark Matus were recognized at the CRPD Regular Board meeting on June 19 for their commitment to the community following their completion of the Special District Leadership Academy. Earning this certificate demonstrates their commitment to CRPD, their constituents and their fellow special districts throughout the state. In pursuing this opportunity for professional development, Langan and Matus show a dedication to providing the best possible

service to the community they serve. This program seeks to provide members of special district leadership teams with skills in community leadership, direction setting, human resources management and fiscal accountability, among other essential leadership skills. Langan and Matus attended a three-day conference and completed ten hours of continuing education to complete the program. The California Special Districts Association and the Special District Leadership Foundation support the Special District Leadership Academy as part of their continued commitment to providing quality development opportunities to California Board Members. ★

ART and Fun at Effie Yeaw Gala



Auctioneer Keith McLane whips up excitement during bids for Deladier Almeida's Birthday Creek riverscape. The auction volunteer is Sue McCullough Sanden.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - By June tradition, a gala and art auction hosted more than 200 guests in the Effie Yeaw Nature Center recently.

Supporters of the beloved Carmichael non-profit organization wine, dined and opened wallets to purchase art and cultural experiences. Much of the proceeds will fund programs at the 48-year-old facility, named

for pioneer nature educator and Carmichael resident Effie Yeaw. Outreach continues under the aegis of the non-profit American River Natural History Association. Reinvented this year with a camp theme, the Camp Effie Yeaw fundraiser included a barbecue dinner and s'mores dessert buffet. A quartet from nearby Rio Americana High School provided jazzy interludes. Auctioneer Keith McLane encouraged bidding; patrons raised paddles

to fund Nature Center needs. Television anchor Molly Reihl was the emcee. 2024 sponsors included CBEC Eco Engineering, Charles Dailey, Helen Diepenbrock, Marcy Friedman, Bob and Deborah Moskovitz, Drs. Kevin Tanner and Gabrielle Rasi, Supervisor Rich Desmond, Girl Scouts Heart of Central California Council. Proceeds are not known, as of press time. For Nature Center information, visit www.sacnaturecenter.net. ★

County Supports Housing for Veterans and Homeless



Sacramento County approved the funding to Mather Veterans Village Phase 4. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On June 11, the Sacramento County Board of Supervisors approved the transfer of 2.2 acres of land and \$3 million in American Rescue Plan Act (ARPA) funding to the City of Rancho Cordova for the development of Mather Veterans Village Phase 4, located on the former Mather Air Force Base. This project will provide new affordable housing and services for homeless and disabled veterans and homeless families at very low incomes. Mather Veterans Village is collaborative effort between Sacramento County, the City of Rancho Cordova, Mercy Housing California and Nation's Finest. This initiative builds upon the success of three previous phases, which serve more than 160 formerly homeless veteran households. Phase 4 will include a three-story building with 70 apartments, 58 one-bedroom units, 12 two-bedroom units, a community building and parking for 45 cars. Sacramento County has more than 75,000 veterans. The latest point in time count shows there are nearly 600 veterans currently homeless and more

than 60% are unsheltered. The Mather Veterans Village Phase 4 project aligns with ongoing efforts to expand access to housing and supportive services within the county. "This project is a significant step forward in providing much-needed support to our homeless and disabled veterans," said Emily Halcon, director of Sacramento County's Department of Homeless Services and Housing. "We're proud to contribute land and create additional permanent supportive housing and affordable units for our veterans that are exiting homelessness." Said Fifth District County Supervisor Pat Hume, "This collaboration shows our commitment to supporting those who have served our country and those who are in need. It's a hopeful sign of what we can achieve when we work together." The conveyance of the land and allocation of American Rescue Plan Act funds to the City of Rancho Cordova is being coordinated by Sacramento County's Office of Economic Development and the Real Estate Division. For more information on the Mather Veterans Village, visit the Veterans Housing Development Corporation website at housingvets.org. ★

meals on wheels by acc

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A photograph of a Meals on Wheels volunteer, a young woman in a blue shirt and black apron, serving a meal to an elderly man in a grey shirt and black cap. They are both smiling.

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A silhouette of a firefighter in front of a fire.

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Business Expo Supports Community

By Carol Feineman

RANCHO CORDOVA, CA (MPG) - Community.

The 13th annual Rancho Cordova Business Expo & Job Fair on June 20 was all about supporting community members.

Job seekers to retirees were welcomed by event organizer Rancho Cordova Area Chamber of Commerce staff, event sponsors and event vendors.

“We are delighted with the success of the 13th Business Expo & Job Fair. This year, we were honored to host 65 vendors and several hundred guests. Over 40 vendors were actively recruiting and we’ve already received news of successful job offers, a clear indication of the event’s impact on the local business community,” said Rancho Cordova Area Chamber of Commerce President and CEO Diann H. Rogers. “Each year, we bring together businesses of all kinds to showcase their products and services, a pivotal part of our chamber’s mission to create opportunities. The planning and execution of the Expo is a testament to the dedication and hard work of our team, our ambassadors and other volunteers who are deeply invested in the success of this event.”

A strong sense of community and caring was provided to the hopeful job seekers checking out the companies with open positions.

That same sense of community and caring was experienced by residents who return annually to learn about the resources provided by area nonprofit agencies, to enjoy complimentary refreshments and to take pride in their city.

Event visitors spent the morning and early afternoon leisurely seeing what area businesses and nonprofit organizations offer residents at the Business Expo & Job Fair conveniently set up at



Non Commissioned Officers Association International Auxiliary President Tammy Sullivan talked to visitors about the nonprofit organization’s services nonstop from 10 a.m. to 2 p.m. She also signed up many new members. Photo by Carol Feineman

the Rancho Cordova City Hall parking lot. Attendees received a “passport” and, after visiting the vendors, returned their passports to the Chamber of Commerce booth to be entered into a contest with prizes.

Many residents were back this year to check out what businesses are new in their city.

Other attendees, such as Sasha Banh from Elk Grove, were there for the first time. Banh saw the event after walking out of her office in City Hall for a lunch break.

“It’s really great,” Banh said. “I love how the vendors have signs saying they’re hiring. It’s very clear.”

Banh took notes about the open positions for her husband, who could not attend.

“The Rancho Cordova Business Expo & Job Fair is one of the best job fairs we have participated in,” said Messenger Publishing Group Publisher Paul V. Scholl. “We saw many

The Rancho Cordova Area Chamber of Commerce appreciates those businesses who sponsored the 13th annual Rancho Cordova Business Expo & Job Fair.

Title sponsor – KP International Market

Presenting sponsors – Child Action, Elliott Homes, Kinder Morgan, Sacramento Marriott Rancho Cordova, SMUD, and the City of Rancho Cordova.

Event sponsors – AKT, First Northern Bank, Heritage Community Credit Union, Kaiser Permanente, Rancho Cordova FiberCity, and Republic Services

Passport sponsor – Better Business Bureau

Print sponsor – A4 Promotions

Bag sponsor – Rancho Cordova FiberCity

Water sponsor – Les Schwab Tires

qualified applicants today. We’re happy to be a media sponsor of this annual event.”

The Messenger Publishing Group publishes the Grapevine Independent and 17 other newspapers from Dixon to Colusa County.

First-time vendor Raman Kaur, The Pizza Twist manager, was also pleased with the Business Expo & Job Fair. Pizza

Twist opened nearby at 11009 Olson Drive in January and this event was a way to meet the community.

The Pizza Twist booth had a steady stream of visitors delighting in the freshly-baked delicacies.

“I’m happy that many people tried my food. Everyone was happy,” Kaur said. “Next year, we’ll be back. We’re very close.”

The Non Commissioned Officers Association (NCOA) is at the event every year to bring awareness about the international nonprofit organization that addresses quality of life issues for enlisted members of the Armed Forces, veterans and their families.

“We’re here to educate people about NCOA,” said Non Commissioned Officers Association International Auxiliary President Tammy Sullivan. “We got at least 17 new members. One of those members, a 19 year old, signed up and is also joining the Army.”

That was as of 12:15 p.m. and the event still had another 105 minutes left for visitors to stop by the Non Commissioned Officers Association informational booth.

“We support Rancho Cordova and we do things with the VA Hospital,” Sullivan said. “We do as much as we can locally and getting the word out.”

Natalya Sachuk, an office assistant for State Assemblymember Josh Hoover, shared an information table with Sen. Roger Niello’s staff.

“I love this opportunity for all the businesses to come out,” Sachuk said. “It’s great that small businesses come out and to know what job opportunities there are. You look around and you don’t know that all these businesses exist here. It’s great networking.”

Program manager Bee Lopez for Explore Rancho Cordova, a Rancho Cordova Area Chamber of Commerce program, is a long-time event participant and looks forward each year to the event.


“It’s a fantastic way to greet residents of Rancho Cordova, to put faces to companies, to strengthen relationships in the community,” Lopez said. “It’s a super fun not-to-miss event. People come out and walk away with lots of giveaways and hopefully walk away with a job.” ★

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Circulation Manager – We are seeking a full-time Circulation Manager to oversee our 18 local newspapers. Duties include managing the weekly reporting of distribution, preparation for weekly audits, managing and recruiting our carrier staff, preparing and reporting postal statements, customer service support, physical labor repairing and replacing newsstands, setting up new locations, and other related duties needed to run the circulation department. This position works primarily in Carmichael but will require some local travel to our other offices in the Sacramento region. The hours may vary but are flexible due to the nature of the duties.

Office Administration – We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August.

City Reporter - We are seeking a full-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Managing Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Copy Editor - We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

Delivery Driver – Weekly Hauling to Marysville- We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

Newsstand Delivery Driver/Local - We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position. Previous experience preferred.

To find out more or to apply:
Email your questions or resume to Publisher@MPG8.com

County 2024-25 Recommended Budget Approved

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously on June 5 to approve the \$8.8 billion Recommended Budget for Fiscal Year (FY) 2024-25.

The \$8.8 billion spending plan consists of \$3.5 billion in Enterprise and Special Revenue Fund appropriations (utility rates, fees and other dedicated revenue), \$3.8 billion in General Fund appropriations (funded with \$990 million in discretionary resources, \$1.5 billion in reimbursements from restricted funds, and the remaining \$1.3 billion in Federal, State and fee revenue dedicated to specific purposes), and \$1.5 billion in Restricted Funds.

The Recommended Budget recognized new or enhanced areas of growth, including:

Health Services increased by \$28.4 million for increased acute psychiatric inpatient costs, Behavioral Health Bridge Housing funding, increased capacity and services at Permanent Supportive Housing units, and behavioral health services at the Youth Detention Facility.

Child, Family and Adult Services increased by \$5.7 million (\$4.5 million Net County Cost) for Child Protective Services welcome and assessment center services and family resource center court-mandated parenting workshops.

Human Assistance increased by \$4.2 million (\$100,000 Net County Cost) for childcare payments for CalWORKs participants and funding for a position in the County Veterans Services Office.

The sheriff increased by \$3.9 million (\$1.2 million Net County Cost) for a mobile command vehicle, required software expenditures and required body-worn camera licenses and equipment.

Correctional Health Services increased by \$3.4 million (\$300,000 Net County Cost) for a Medication Assisted Treatment Program, additional pharmacy positions (both of which support

the County’s obligations under the Mays Consent Decree Remedial Plan) and a new electronic health record system.

Community Development increased by \$1.2 million (\$1 million Net County Cost) to support the Infill Acceleration Program, the Climate Action Plan and two Planning Technician positions.

Homeless Services and Housing increased by \$1 million (before reimbursements) to fund beds at a planned Safe Stay Community and three new positions and services supporting administration for the department.

This year’s reductions totaled \$6 million, which will result in the deletion of 31 vacant full-time equivalent (FTE) positions as well as other budget reductions across several departments. No filled positions were recommended for deletion.

The Recommended Budget’s most significant reductions include:

Health Services reduced by \$2.2 million including consulting contracts, operational supplies and the deletion of 14 vacant FTE positions.

Child, Family and Adult Services reduced by \$1.8 million, including the deletion of 16 vacant FTE positions.

In addition to staff recommendations, the Board added two full-time equivalent positions: a criminal attorney in the District Attorney’s office and a criminal attorney in the Public Defender’s Office. The funding for those two positions will come out of the appropriation for contingency, reducing that appropriation from \$15.1 million to \$14.5 million.

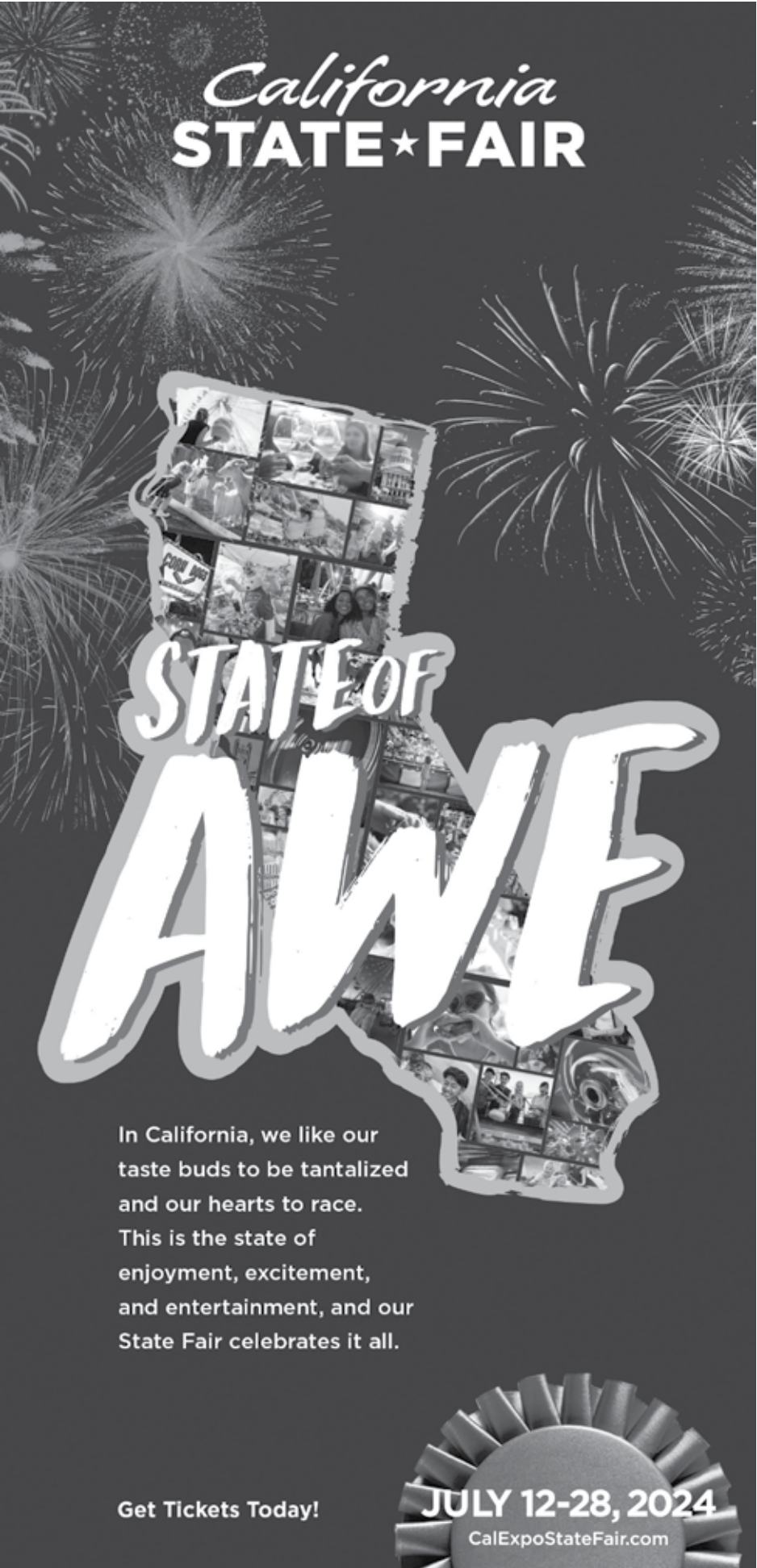
The Board also supported a three-year funding commitment to the Black Child Legacy Campaign in future budget recommendations through Fiscal Year 2026-27.

By the Numbers:

Total Budget:	\$8.8 billion
General Fund:	\$3.8 billion
Enterprise and Special Revenue:	\$3.5 billion
Restricted Funds:	\$1.5 billion
Number of Employees:	13,646

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Spiritual Care
BY NORRIS BURKES

Under a new Louisiana law, every public school from elementary to college will be required to post the Ten Commandments by the end of this year.

If Jesus were around today, and I believe he is, I think he’d find the new law reeking with hypocrisy.

He’d likely question the irony of enforcing Commandment No. 2 in a state that still carries the stench of 130 graven images of confederate “heroes.”

He’d likely call “foul,” as the LSU Tigers, the eighth-best team nationally, dishonor the Sabbath with Saturday games.

But worst of all, he’d ask if the state legislature planned to include the fine print of Mosaic law with 248 do-this commandments, and 365 definitely-do-not-do-this commandments.

For instance, will the posted commandments include Exodus 21:29, that says if an ox gores someone to death, both the owner and the ox must be executed?

I’m not trying to villainize the Pelican State, but I am trying to prove a point during this season of patriotism about the principle of separation of church and state.

The principle has taken some hits in recent years.

Opponents make two points. First, the separation idea is not in the constitution. Second, they say our founding fathers would have never favored such a

split because they sought to make the USA into a Christian nation.

The first argument is true. Separation of church and state is only an interpretation of the First Amendment which clearly forbids our government from establishing a religion. Additionally, it’s interpreted to mean the government can’t favor any single religion.

The second point is decidedly untrue.

Thomas Jefferson, the primary author of the Declaration of Independence was “not a God-fearing humanitarian but rather a slaveholding epicurean deist,” says Tim Alberta in his latest book, “The Kingdom, the Power, and the Glory: American Evangelicals in an Age of Extremism.”

“Jefferson was not an earnest follower of Christ but was known to mock revivalists and rarely attend church,” Alberta writes.

I gained some understanding of Jefferson’s view during my visit to Roger Williams National Memorial last summer. It’s possible that Jefferson’s understanding of the church and state issue was forged from Williams’s.

Living 100 years prior to Jefferson, Williams was excommunicated from the Anglican Church for blasphemy. Banished from his home in 1636, he was forced on a most horrendous walkabout through a blizzard to present-day Rhode Island. It was there he established a Baptist community free from puritanism.

According to a National Park Service article, Roger Williams believed government-established religions were “...responsible for the death of millions of innocent souls whose only crime was having their own,

unique conscience.”

Williams added with succinct clarity, “Forced worship stinks in God’s nostrils.”

Alberta notes that Jesus himself “physically ran and hid from the people who desired to make Him king. Jesus dismissed his critics by telling them, ‘Give back to Caesar the things that are Caesar’s, and to God the things that are God’s.’”

Alberta concludes this thought with an interpretation from a modern-day preacher who gained fame in 1965.

“In other words, pay your taxes, forget politics, and serve God with all your heart.”

That man was the late Jerry Falwell – before he successfully revived his failing college through a political arm called, “The Moral Majority.”

Imagine what might happen if a different religion wanted to post their treatise.

Visualize a Baptist mom in New Orleans whose job transfer takes her family to Dearborn Michigan. Once there, she will likely enroll her Baptist son in a school belonging to the largest Muslim-populated school district in the US.

Once in class, Mom will need some assurances that her son can enjoy his religious freedom without being required to memorize the Five Pillars of Islam.

As you approach the voting booth this fall, let’s keep church and state separate. But most of all, beyond November, I encourage people of faith to, “Serve God with all your heart.”

Currently, the Louisiana law is being legally challenged. In the end, I suspect Louisianans will find, as did a dozen other states, that their law won’t pass the “the sniff test.”

★



By County Supervisor Sue Frost
Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Orangevale.

This summer, as Californians prepare for road trips and vacations, I wanted to share my thoughts on the Road Charge Collection Pilot, a mileage-based tax program designed to help fund road maintenance. This pilot program offers drivers the chance to voluntarily sign up and test a new funding approach, where they pay a set fee for each mile driven or a fee based on their vehicle’s fuel efficiency. The program is set to run from August 2024 to January 2025.

In 2014, the California legislature passed SB 1077 to research a road charge system, which involved over 5,000 vehicles and documented 37 million miles of travel. The study proposed a shift to a per-mile charge to distribute road maintenance costs among all drivers, regardless of their vehicle’s fuel efficiency.

Orangevale Community Update

Concerns Over California’s New Road Charge Plan

Historically, road maintenance has been funded through the gas tax. When you buy fuel, a portion of that expense helps maintain our roads. However, as electric vehicles (EVs), which bypass traditional fuel consumption, become more popular, revenue from this tax has been declining. The proposed state solution is to charge drivers based on the miles they drive.

Although this may seem fair on paper, it’s important to consider the potential negative impacts. Firstly, charging by the mile could potentially increase your costs, especially when you’re planning vacations or visiting relatives. This might discourage some from traveling, potentially affecting our state’s tourism industry.

Another concern is privacy. If this pilot program were adopted nationwide, how would mileage be tracked and reported without infringing on individual privacy? How much would it cost to administer the tax?

Also, this mileage-based tax could impact lower and middle-income families. Those who rely on their vehicles for daily commutes, especially in less

fuel-efficient vehicles or from remote areas, might find this system feels like a double tax, disproportionately affecting them. How is that fair?

Lastly, California’s push to move to electric vehicles by 2045 presents some infrastructure challenges. For instance, last summer’s heatwaves led to blackouts that disrupted EV charging, showing that our current infrastructure may not yet be equipped to support a fully electric future.

While the Road Charge Collection Pilot has good intentions, its unintended consequences could place an extra burden on hard-working residents. Instead of creating more tax burdens, we should focus on managing our money better and prioritizing the use of funding.

Thank you for reading – and as always if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.gov.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murietta. ★



Rejuvenate And Shine

How would you like to invigorate your mind, body and spirit? It’s called whole body wellness, and **Dr. Susan Smith-Jones** can help us **“Rejuvenate and Shine.”**

Dr. Jones has made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition and balanced living. I love having her on my POPPTALK Radio Show. She has authored some thirty books with the goal of making our lives better. So get ready for ten tips that can change your life.

1. REJUVENATE AND REFRESH. Make sure to build breaks into your day. From sunrise to bedtime—reset and refresh. It’s okay to unplug now and then, or at least press the “reset” button.

2. EXERCISE FOR VITALITY. Everyone is different when it comes to the time of day that’s best to exercise. Henry David Thoreau wrote: “An early morning walk is a blessing for the whole day.”

3. JOIN THE BREAKFAST CLUB. The word “breakfast” literally means breaking the fast from the night before. It jumpstarts metabolism. Your body needs to be refueled for the tasks ahead of it.

4. UTILIZE NATURE’S HEALING POWER. Go outside to play and pray. The more time we get outdoors into nature and appreciate the beauty and blessings of God’s splendor, the more compassionate, forgiving and kind we become.

5. VISUALIZE YOUR DAY AHEAD. Albert Einstein said: Your imagination is a preview of your life’s coming attractions.” Visualizing success and positive outcomes can help prepare us for the real thing.

6. EAT MORE FRUITS AND VEGGIES. The fiber in these foods helps

your digestive tract keep humming along the way it was designed. Eating your fruits and veggies has the added bonus of beautifying skin, boosting metabolism, and elevating mood.

7. NOURISH YOUR OVERALL WELL-BEING WITH AMPLE SLEEP. Too little sleep makes you hungry, especially for calorie-dense foods (It’s harder to pass up that cupcake or order of fries) and primes your body to hold on to all the calories you eat.

8. ADJUST YOUR ATTITUDE TO INCLUDE PLENTY OF ATTITUDE. Those who catalog the positive things in their lives are healthier, happier, more motivated, less stressed, and more well-rested.

9. TAKE TIME TO PRAY, MEDITATE AND BREATHE DEEPLY. This simple, cost-free practice has been scientifically proven to heal the body, boost immunity, reverse aging, and lift your mood from negative to positive. It’s a salve for the mind, body, and spirit.

10. ENJOY DAILY LAUGHTER AND TICKLE YOUR FUNNYBONE. Laughter releases endorphins into your body that act as natural stress busters. It helps relieve pain, counteracts fear, anger, and depression, all of which are linked to depression, and linked to illness and stress.

You can find these ten tips and so much more in her latest book **“A Hug in a Mug.”** And don’t forget to sign up for her free monthly newsletter. All you have to do is go to her website **www.susansmithjones.com** and look up in the right corner. One click on subscribe and you’re in for a real treat with tons of great information and inspiration. **STAY WELL!** ★

Foundation Receives Award of Recognition

Continued from page 1
Community Foundation worked in collaboration with Cordova Recreation and Park District to install the project. You can now see community poles from Cordova Recreation and Park District, Girl Scout Troop 1363, Golden Pond Senior Living and Atonement Lutheran Church in Rosemont Community Park. Each pole is distinctive, painted with symbols, pictures and words that reflect the values of the Rosemont community and its residents.

As the project’s dedication ceremony was fast approaching, the project experienced a major setback. The hand-painted poles had been nearly covered in black spray paint, appearing to ruin the hours of hard work the community

had put into the project. In an act of resilience, Cordova Recreation and Park District staff acted quickly, using specialized graffiti removal supplies to nearly return the artwork to its original condition. Their efforts allowed the Rosemont Community Foundation to proceed with the project’s dedication ceremony as planned.

Since the project’s initial installation, the community is set to add more poles, with several similar projects in the works throughout the community. This award celebrates the spirit that inspired this project and its positive influence on the community.

Readers can catch up on Cordova Recreation and Park District’s newest projects and developments at www.cordovarpd.gov. ★

Continued from page 1
room.

High utilizers of 9-1-1 might only need a lift assist after falling at home but repeated falls can eventually result in injury. Perryman, now battalion chief, tells of an individual who had called 9-1-1 10 times in one month. He was not injured but needed a lift assist because he couldn’t get up.

“We found out he falls during this time of day and this time of night,” Perryman said. “We just provided him with a bedside urinal, so all he had to do was just roll to the side, and not at 3 in the morning fall out of bed because he can’t find his glasses and it’s dark because he turned off the light and he trips over the rug that he will not get rid of because it’s his favorite rug.”

Virginia Wilson of Antelope was a repeat caller. She lived with her son in a second-floor apartment with no elevator.

“I’m in a wheelchair and

I was on the second floor and I had to call (9-1-1) to come and get me and carry me down the stairs,” Wilson said. “The little bus, paratransit, came and got me and took me to the doctor . . . Then I had to call when I came home and (the responders) had to put me back up the stairs.”

Her son has multiple sclerosis and is also in a wheelchair. Metro Fire and congressional candidate Christine Bish worked with Wilson and apartment management to help her get a first-floor apartment.

Elizabeth Rhose of North Highlands presented with another type of 9-1-1 call. She recently tried to intervene when she saw two dogs fighting and had an injury to her arm. Metro Fire responded to her 9-1-1 call and called the Mobile Integrated Health team.

“MIH just came in my apartment,” Rhose said. “I didn’t have to sit for six hours in the waiting room, waiting to be stitched up, in constant pain . . . They



From left are Firefighter/Paramedic Kendall Weld, Mobile Integrated Health Advanced Provider Kaleigh Byrnes PA-C, and Battalion Chief Scott Perryman, PA. Perryman is at the forefront of the Mobile Integrated Health movement. Photo courtesy of the Sacramento Metropolitan Fire District

were done within an hour or two and they just left. They even ordered my medication for me and had it delivered.”

Challenges in the 9-1-1 system include an increase in opioid overdoses and calls for behavioral health issues. With Mobile Integrated Health, quick delivery of Narcan directly to the patient can save

lives. Behavioral health patients can get to the correct place the first time, not preceded by a long emergency room wait.

“Last year (the pilot program) saved the system over \$2.4 million,” Perryman said. “We’re bringing the care to them, in their own environment, and we can do it for over 50% savings.” ★

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CLUES

ACROSS

- Croat or Moravian, e.g.
- Paid player
- Not Miss or Ms.
- First-rate
- Mattress with memory?
- Be of use
- "It's time!" signal
- ___-de-camp
- Like an unhealthy dog
- *First one to circumnavigate globe, almost
- March Madness org.
- Bring upon
- Orange Lavaburst drink
- *Rita ____, first Latina to win Academy Award
- Winter rides, in Russia
- Brewery order
- Unties or unbuttons
- Nearly
- One born to Japanese immigrants
- Good times
- Rheumy
- Tel ____, Israel
- Bequeath
- Once known as
- West African country
- *Chuck ____, first to break speed of sound
- Genetic info carrier, acr.
- City near Düsseldorf
- Short for Dorothea
- *First artificial satellite (2 words)
- Clay and silt deposit
- Marine eagle
- Mercantile establishment
- Singer Piaf
- Concert series
- Indian nursemaid
- Craggy peak
- Little troublemaker
- Solitary

DOWN

- Give in to gravity
- Weaver's apparatus
- The "I" in "The King and I"
- Carrots or peas, slangily
- French soldier in WWI
- Speed gun
- *First horror film about Damien Thorn, with The
- Supernatural life force
- Capital of Latvia
- Canny
- Han Solo's "Millennium"
- Prenatal test, for short
- *The first one helped combat smallpox
- Tedium
- 22 mins.
- 23.8 down, pl.
- Martini garnish
- Pine product
- Midterm, e.g.
- a.k.a. Tibetan wild ass
- Feel the same
- Timid
- Deadly challenge
- Military moves
- *Mount first conquered by Hillary and Norgay
- 10 to 12-year-old
- Ewe's cry

41. Half-shell delicacy
44. Grind with teeth
46. Fauna member
48. Erasable programmable read only memory
49. Break of day
50. List of chores
51. Prince of Wales to King
52. Searching for E.T. org.
53. Boxer's last blow
54. Azerbaijan's southern neighbor
55. "___ the wild rumpus begin!"
58. "___ one and only"

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'We Hire Really Good People' at Metro Fire

By Margaret Snider

MATHER, CA (MPG) - On March 1, the California State Emergency Medical Services Authority awarded the Distinguished Service Medal to Sacramento Metropolitan Fire District's Battalion Chief Scott Perryman. Fire Chief Adam House announced the award, saying, "Chief Perryman is at the forefront of the MIH (Mobile Integrated Health) movement and has used his success to become a leader at the local, state, and national levels."

The Emergency Medical Services Authority (EMSA) stated, in part, "As the pandemic waned, Chief Perryman refocused MIH (Mobile Integrated Health) on providing high-quality in-field care, reducing ED (emergency department) and EMS (emergency medical service) overutilization. Integrated into the 9-1-1 dispatch system, Mobile Integrated Health treated low acuity calls at home, leading to over 60% of patients being discharged on scene, decreasing ED and EMS utilization. Chief Perryman's leadership resulted in substantial cost savings, exceeding \$2.4 million in 2023, improved EMS efficiency, and enhanced patient satisfaction."

The Mobile Integrated Health program frees up ambulances and ambulance staff to take other calls and helps to shorten the



Seven of the nine Metro Fire's Board of Directors stand in front of the Cancer Awareness Engine and Metro Fire's Headquarters building. From left are directors Brian Rice, Robert Webber, Gay Jones, D'Elman Clark, John Costa, Cinthia Saylor and Ted Wood. Not pictured are Jennifer Sheetz and Grant B. Goold. Photo courtesy of Sacramento Metropolitan Fire District

ambulance patient offload times (APOT) at the emergency department, and to relieve Ed congestion.

Three health systems, University of California, Davis; Sutter Health; and Dignity Health funded the Mobile Integrated Health pilot program. The County Board of Supervisors, especially Frost and Hume, Perryman said, also have moved things around to help with funds for Mobile Integrated Health.

"The goal," Perryman said, "is to have the insurance companies pay for this service." At this point funding is in place for two more years.

Metro Fire has led the region in many ways. They implemented an ambulance service staffed with paramedics and EMTs.

"We call it the Metro Medic Program but it was formerly called the Single Role Paramedic Program," said Assistant Chief Kiley

Keeley. "Metro Fire also has a bulldozer and a full-time firefighting, hoist-capable and night vision-capable helicopter." The district just acquired their third helicopter.

Metro Fire has nearly 700 employees, including many support staff. One of these is Kyle Macdonald, government affairs director and legislative analyst, who works with three others in the planning and development division. Macdonald's father spent 30 years in the fire service.

"I remember the summers where summer vacations would be thrown aside for the fire season, and him being deployed out for fires across California," Macdonald said.

"Effective government affairs is essentially making sure that we have a seat at the table where decisions are being made . . . It's about forging relationships with our elected officials and our

policy staff . . . We're working on positive legislation that benefits the fire service as a whole, not just here in the Sacramento region, but across the state and with our federal work, across the country," Macdonald continued.

One of many big challenges always present is funding for new technologies and new items, for new fire stations in areas of population growth, for programs.

"MIH delved into the importance of that," Macdonald said, "and being able to make investments into new and trailblazing endeavors."

In this position at Metro Fire for about a year, Macdonald said, "From my understanding, and the historical context I've gotten, this is a new role and the first opportunity to kind of create from scratch an effective government affairs program that doesn't just take a month-to-month look



Battalion Chief Scott Perryman and his wife, Liz, are shown at the EMSA Awards where he received the Distinguished Service Medal. Photo courtesy of Sacramento Metropolitan Fire District

at it, but a year-to-year and five-to-15-year view of legislative and policy advocacy and analysis."

Though the news might seem full of doom and gloom to some, Perryman said, "When I sit down and talk with people, by and large, there's just a lot of good happening in the world. Whenever I see or hear about bad things happening, I always see people rushing in to help, to be of assistance, to show love, show compassion. There are some really good people out there, and really good leaders who make it possible, like my fire chief, Chief House."

House considers himself fortunate. "I love public service, I love the fire department, and I love helping people . . ." House said. "We hire really good people. The citizens of Rancho Cordova and Sacramento



Fire Chief Adam A. House was sworn in as Sacramento Metropolitan Fire District's seventh fire chief on Aug. 10, 2023. He holds the distinction of being the first fire chief to serve continuously as a member of Metro Fire since its inception in 2000. Photo courtesy of Sacramento Metropolitan Fire District

should know that they're protected by really good human beings that care about people. So, it makes my job easy." ★

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Skunk Tests Positive for Rabies in Sac County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - A juvenile striped skunk showing neurologic signs (e.g., staggering) was found on June 19 near the California Department of Fish and Wildlife (CDFW) facilities on Nimbus Road in Rancho Cordova, adjacent to the American River Parkway.

California Department of Fish and Wildlife staff humanely euthanized the animal and submitted it to the California Animal Health and Food Safety Laboratory for necropsy. On June 25, confirmation was received that the skunk tested positive for rabies.

Rabies is a severe infection of the nervous system caused by a virus that is most often transmitted through the bite from an infected animal. Rabies can infect all mammals, including humans. Preventative treatment is available for humans after exposure but must be started promptly. Once clinical signs of rabies are seen, the disease is almost always fatal. If you are bitten by an animal believed to have

rabies, contact Sacramento County at 3-1-1 or 916-875-4311.

In California, rabies is identified in about 200 animals every year, most often in wildlife like bats and skunks.

Domestic animals such as dogs, cats and horses can also get rabies, but this is not as common due to legal requirements for rabies vaccination. For more information, see the California Department of Public Health's website.

With the American River Parkway being a popular destination for outdoor recreation, including hiking, kayaking and cycling, visitors should take these steps to minimize exposure to rabies:

Avoid contact with wild animals; call animal control if you see sick or injured wildlife.

Report unusual behavior of wildlife or domestic animals (e.g., stumbling, seizures, aggressiveness) to local animal control or wildlife officials.

Immediately wash all animal bites with soap and water and seek medical attention. ★

Bera Announces Transportation Grant

Office of Rep. Ami Bera
News Release

SACRAMENTO COUNTY, CA (MPG) - On June 26, U.S. Representative Ami Bera, M.D. (CA-06) announced that the U.S. Department of Transportation's (DOT) RAISE Grant Program awarded the Capital SouthEast Connector Joint Powers Authority with a \$25,000,000 grant for the Grant Line Road Safety Improvements Project.

"I am pleased to help secure this vital funding to modernize our infrastructure here in Sacramento County," said Representative Ami Bera. "This funding will address critical safety issues on the current two-lane roadway and bridges an active transportation gap by linking existing bike and pedestrian facilities at both ends. By improving mobility and connectivity, this project will support economic development in neighboring communities, address housing supply issues by connecting to growing residential areas and create good-paying jobs. I look forward to working with the Capital SouthEast Connector JPA to fully implement this project."

This funding will support the reconstruction of 3.6-miles of existing Grant Line

Road into a four-lane divided complete street corridor with a separated Class I bike path in the City of Rancho Cordova and Sacramento County. The project will also connect existing bike and pedestrian routes at each end of the project.

This funding will address significant safety issues associated with a roadway constructed over 60 years ago that was not designed to handle current traffic conditions. There have been 125 collisions over a five-year period from 2016-2020. Unfortunately, two recent fatalities occurred in the corridor as a result of collisions in 2021 and 2024. The project will reconstruct the roadway to current design standards, install traffic signals and remove roadside obstructions, all of which contribute to the high collision rate along the corridor.

Representative Bera recently submitted a funding request to support the construction of this project to the House Appropriations Committee's FY2025 Community Project Funding process. This announcement builds off the \$4,000,000 in community project funding that Representative Bera secured in 2022 for another portion of the overall 34-mile infrastructure project. ★

International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 7 Days: 8am - 9pm
Food Court: 7 Days: 11am - 3pm
Korean/Mex/Viet: 7:30pm last call
Chinese/Japanese: 7:00pm last call

NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE

10971 OLSON DR. RANCHO CORDOVA, CA 95670



FROZEN & FISH DEPT

Tilapia Fillets
2 lbs
REG. \$8.99/ea
\$5.99/ea

White Cockle Clams
400 gr
REG. \$12.99/ea
\$7.99/ea

WEEKLY MEAT SPECIALS

Beef Cross Rib/Shoulder Roast - Bnls
Costilla Cruzada de Ternera Asada Deshuesada
\$4.99/lb

Beef T-Bone Steak
Filete Chuleton de Ternera
\$5.99/lb

Beef Porterhouse Steak
Filete Biste de Ternera
\$6.49/lb

Pork Spare Ribs (Single Pack)
Costillas de Cerdo
\$2.99/lb

Boneless/Skinless Chicken Breasts
Pechuga de Pollo sin hueso
\$2.49/lb

Pork Loin Roast Boneless
Lomo de Cerdo Asado Deshuesado
\$2.99/lb

Pork Loin Chops Boneless
Chuletas de Lomo de Cerdo Deshuesadas
\$3.49/lb

FRESH PRODUCE

Cosmic Crisp Apple
99¢/lb

Key Lime
2 lbs **\$2.79**/bag

Green Grape Premium
\$2.49/lb

Italian Squash Fancy
99¢/lb

Big Taro
99¢/lb

Shallot Onion
\$1.19/lb

Japanese Yam
\$1.49/lb

Garlic 5 pcs
2 for \$3

AMERICAN/HISPANIC GROCERY

Wish-Bone Italian or Ranch Dressing
16 Lbs **\$2.49**/ea

Buffalo Wing Sauce
8 oz **\$1.99**/ea

Nestle La Lechera Original
375 g **\$2.59**/ea

Quaker Oats Old Fashioned & 1 Minute Oats
42 oz **\$4.99**/ea

Schar Baguette
12.3 oz **\$1.99**/ea

ASIAN GROCERY

Tiramisu Fish Sauce
2.5 Lbs **\$2.49**/ea

Lee Kum Kee Pure Sesame Oil
15 Lbs **\$7.99**/ea

Tropical Farm Coconut Milk
13.5 Lbs **99¢**/ea

Lee's Sweetened Condensed Milk
14 oz **\$3.79**/ea

Rice Popping Bohns
11.5 oz **99¢**/ea

EUROPEAN GROCERY

OT Martina Sunflower Seed Roasted
500 gr **\$6.99**/ea

Bot Front Wafers with Baked Milk
300 gr **\$2.99**/ea

Lavanda Sweetened Condensed Milk
350 gr **\$2.99**/ea

Hot Peppercorn Roasted Pepper Appetizer
540 gr **\$3.99**/ea

Peppercorn Roasted Pepper Appetizer
540 gr **\$3.99**/ea

KOREAN/JAPANESE GROCERY

Wang Hwangsoo Kimchi
12 x 30 g **\$9.99**/ea

CV Mini Wafers
60 g **\$3.99**/ea

Milkly Cha Cha Bar
251 gr **\$1.29**/ea

Seaweed Snacks
9 x 4.5 g **\$2.99**/ea

All Purpose Sesame Oil
2.5 Lbs **\$2.99**/ea

Korean BBQ Sauce
4 kinds **\$4.99**/ea

Lotus Milkshake 4 Flavors
6 x 250 ml **\$3.99**/ea

Lotus Peppercorn Snacks
5 kinds **\$3.99**/ea

Sukina Buckwheat Noodle
3 Lbs **\$4.99**/ea

Sushi Seasoning
24 oz **\$2.99**/ea

Hot Curry Sauce 3 kinds
200 g **\$2.49**/ea

Kadoya Roasted Sesame Oil
56 Lbs **\$15.99**/ea

HOUSEWARES

Bigen Speedy Hair Color (Refill Only)
\$5.99/ea

ELECTRIC BBQ GRILL
\$39.99/ea

ELECTRIC RICE COOKER (4 CUP)
\$14.99/ea

ELECTRIC RICE COOKER (8 CUP)
\$14.99/ea

ELECTRIC RICE COOKER (10 CUP)
\$15.99/ea

MODAMODA SHAMPOO 300 G
\$29.99/ea

WATERMELON SLICER KNIFE
\$3.99/ea

FROZEN & FISH DEPT

Breaded Imitation Crab Claws
1.5 lbs **\$5.99**/ea

Crab Claws
\$8.99/ea

EUROPEAN DELI

Columbus Applewood Ham
\$7.99/lb

Belmont German Ham
\$5.49/lb

Pitted Kalamata Olives & Feta Cheese
\$6.39/lb

Pitted Olives Medley
\$4.99/lb