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VOL 33 • ISSUE 29 *Bringing You Community News For Over 30 Years* JULY 12, 2024

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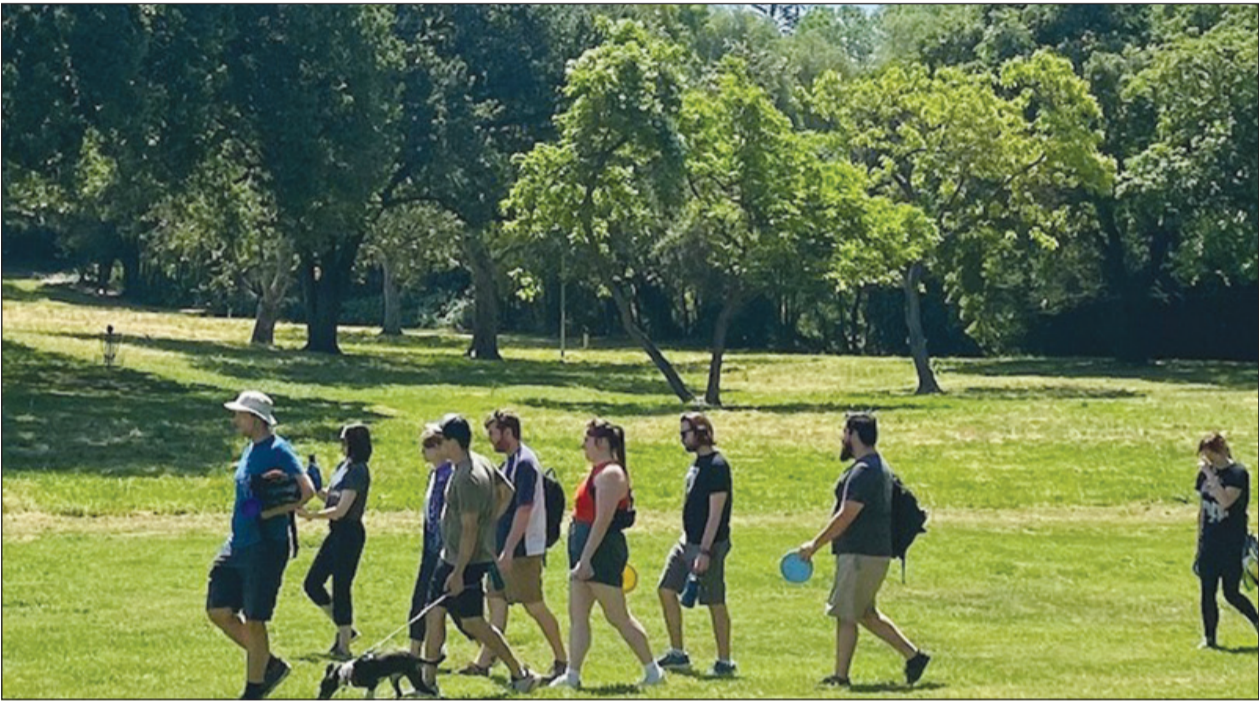
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Disc Golf is Aces in Local Parks



A group of friends walks the disc golf course.

**Story and photos
by Kristina Rogers**

SACRAMENTO, CA (MPG) - In 2007, Josh Everett was invited to try a game called "disc golf." He had time, so he thought why not. "I went out and did a 100-foot shot. It went in the basket, and that was it; I was hooked," Everett said.

Sacramento is ranked the

eighth-best place to play disc golf, according to Udisc.com. Its general appeal could be accessibility and affordability. "Things are expensive these days," said Everett. "I like regular golf but prefer to spend less than \$50 to get on the green. Disc golf costs nothing to walk on the course and play."

Messenger Publishing Group spoke to Everett in Reichmuth Park

on Gloria Drive, where there is a disc golf course. He rolled a cart filled with colorful discs that immediately caught the attention. He proudly showed off his collection.

Discs come in various weights and are stamped in colorful foils and graphics. Players buy, sell and trade discs. Although Everett is an avid player willing to invest in pricier

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Unhoused Homeless Down 41% in Latest PIT Count

**Sacramento City
Express News Release**

SACRAMENTO, CA (MPG) - The number of people living outdoors in the city and county of Sacramento plunged 41 percent between 2022 and 2024, one of the largest decreases in homelessness statewide.

The biennial Point-in-Time Count released June 5 by the nonprofit Sacramento Steps Forward found that overall homelessness, including those living in emergency shelters, fell by 29 percent compared to the count two years ago.

Sacramento Steps Forward coordinates community-level efforts to end homelessness. Every two years, it recruits hundreds of volunteers to go out and count people who are unhoused throughout Sacramento County. This year's count, on Jan. 24 and 25, found 3,944 people living unsheltered, down from 6,664 people identified in the 2022 count.

The total number of unhoused people counted, including those in shelter and temporary housing, dropped by 29 percent from 9,278 to 6,615.

"These results are truly outstanding and, undeniably, reflect Sacramento city and county's 'all in' approach to addressing this crisis," said Lisa Bates, CEO of Sacramento Steps Forward.

Leaders from Sacramento city and county said the decrease in unsheltered homelessness reflected the tens of millions of dollars invested by both local governments in standing up new emergency shelter beds and permanent supportive housing units, and an increasingly coordinated response to sharing resources and responsibilities.

"There are still too many for us to declare victory but maybe homelessness is

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Hearts for Healing Lifts Community

**Photo and story by
Stephen B. Clazie,
Sacramento Elks 6**

SACRAMENTO, CA (MPG) - Since its inception, the Greenhaven Pocket Farmers Market (GHP) has believed the value of a life is determined by the lives it touches. If we desire to live purposefully and successfully, then we must contribute to enhancing the lives of others.

As part of that philosophy, the GHP does not charge charitable organizations a fee for having a booth at the market.

This summer, among the vendors are two Girl Scouts working on their Silver Award Project, which is the highest award for Girl Scouts in their age group. The Gold Award is actually the highest award but it's for older girls.

Sydney Lin is excited to share her project. She tells everyone stopping at their booth, "My troop is working on our Silver Award. Our project is to help breast cancer patients by making heart-shaped pillows that they can use after surgery."

Her partner, Hannah Gravvat, will present a handout and ask, "Did you know that in the United

Continued on Page 5



Sydney Lin, left, and Hannah Gravvat demonstrate how breast cancer patients can use heart-shaped pillows after surgery.



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Colorful discs are typically collected and traded.

Disc Golf is Aces in Sacramento Parks

Continued from Page 1

accessories, anyone can buy used discs for \$5 or less. Discs are available at local tournaments or at stores like Play It Again Sports.

The terminology is interesting, too. Throws have names like hyzer, s-curve and flex shot. “Don’t nice me, bro,” is a funny term used by players who think complimenting their throw is bad luck. Check out the disc golf pro tour site for more lingo: www.dgpt.com.

The game has reactivated several Sacramento parks. In Reichmuth, crime has significantly dropped since the disc golf course opened. Everett said, “I lived at an apartment complex right across the street from here before the course was installed. It wasn’t a nice place to go.

I felt uncomfortable with my girlfriend coming here even during the day.”

All that was seen were happy groups of people playing and enjoying the day with no obvious concerns.

A new course at Chorley Park has also helped cut down criminal behavior. Since the activation of the disc golf course in June 2023, park ranger calls have dropped by 50%, according to the City of Sacramento. The working-class neighborhood surrounding the park is enjoying the positive results.

Matt King, leader of the Chorley Park Neighborhood Association, spent years revitalizing the park: “There’s a playground and soccer field here. We have low-income families who were afraid to take their kids to play

because of drug users and crime. There were fires set in the natural spaces all the time. It was so sad.” He smiled and said, “Between our collaboration with law enforcement and new park activities like our disc golf course, that’s all changed. Everyone loves coming here now!” King also said disc golfers helped keep a fire at bay in the park before the fire department arrived last July. That may have saved local homes adjacent to the park.

Josh Everett doesn’t believe disc golf is the answer to stopping all illegal activity, but it is a deterrent. He said, “When you have a decent amount of people cycling through a property, it discourages drug use and crime.”

For him, it has been great for both his mental and social life. Everett said, “When depression



Josh Everett stands with his disc caddy, ready to play.

and anxiety are at an all-time high, you’re out hearing the birds and the wind in the trees. It’s a mood booster. As you get older, making friends is harder; we become socially isolated. This a great way to meet people.”

As basket chains rattled and players laughed and talked, he explained how the sport is growing. Sacramento currently has six courses and fifteen local leagues, including the Cap City Flyers, Mackey Chain Wreckers and Chorley Goats. Everett plays with The Goldfish and joins random groups or plays solo.

The game is trending with youth, too. Everett said, “Kids stop by and ask me, ‘What is this?’ We give them a disc, and they try it. The next time, we see them out playing, too.” Organizations like the Paul MacBeth Foundation are helping to build disc golf courses at schools and underserved communities.

The sport is considered “low impact” for park environments. Unlike a golf course, disc golf courses don’t require frequent watering and maintenance. Also, disc golfers help maintain the courses because it benefits them to do so. The only

drawback players experience is standing in line to get on a course. But that could be a good problem. It means people are excited to play a new, fun outdoor activity in our parks.

“It looks like there’s going to be more disc golf courses in Sacramento in the future,” Josh Everett told me as a chain rattled, and people cheered as another disc aced a basket.

If you are interested in learning more about disc golf, go to www.pdga.com, www.udisc.com, www.paul-mcbeethfoundation.org or www.flyingdiscmuseum.com

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Greenhaven Pocket Farmers Market Discovers a Culinary Delight



Two Spanish-speaking ladies have a handmade sign reading “Pupusas!!” On the left is Veronica Torres, standing with her daughter Lorena Torres.

Photo and story by
Stephen B. Clazie,
Sacramento Elks 6

SACRAMENTO, CA (MPG) - Like all farmers markets, the Greenhaven Pocket has certain vendors that attract more customers. One of those vendors consist of two ladies who speak little English. They started out with few customers, but now have a large collection of regular customers. At first you might think the line is because of slow service, but then it is clear the service is anything but slow. They have a product that the Greenhaven Pocket is really enjoying.

There is a handmade sign at the top of which is one word. Probably all

of the customers think “Pupusas!!” is the name of the vendor! It is very close. It is actually Pupusería Torres.

The customers know they are really enjoying these thick handmade gridle cakes or what could be described as a flatbread. They can have them stuffed with one or more ingredients, which may include cheese, pork, or refried beans. If they did some quick research on their cell phones, they could learn that in El Salvador, “pupusa” has been declared the national dish and has a specific day to celebrate it.

The handmade sign also has another word. It is “chicharrones.” It is the pork, and it is usually made

in meatier cuts rather than just rinds.

The two ladies are mother and daughter. Veronica Torres does the cooking and her daughter Lorena Torres talks to the customers. They serve their pupusa accompanied by “curtido,” which is a spicy fermented cabbage slaw, and tomato salsa.

It is traditionally eaten by hand, and it has become a very popular item at the Greenhaven Pocket Farmers Market. The farmers market staff and friends have been enjoying the national dish of El Salvador in the suburbs of Sacramento. Some have it for breakfast, some have for lunch, and some take it home for dinner. ★

Fruit Fly Quarantine Lifted

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Thanks to the cooperation and diligence of County residents and our local Agriculture Department, the California Department of Food and Agriculture (CDFA), working in coordination with the United States Department of Agriculture (USDA) and the Sacramento County Agricultural Commissioner, has declared the end of the Oriental fruit fly quarantine in Sacramento County following the eradication of the invasive pest.

The declaration comes nearly eight months after we first detected populations of the Oriental fruit fly in the area and established a quarantine encompassing parts of Rancho Cordova, and the communities of La Riviera, Carmichael, Fair Oaks and Gold River.

During the quarantine, crops that are hosts

for the invasive pest — which include more than 300 varieties, such as citrus and other fruits, nuts, vegetables and berries — were not allowed to be moved from the properties where they were grown. Commercial crops were required to meet stringent treatment or processing standards before being harvested or moved.

As the temperatures rise and vacationers ramp up their travel plans, residents are urged to refrain from bringing back potentially infested produce from their trips. While at home, we encourage residents to stay vigilant for signs of invasive pests.

To help prevent any future introductions of invasive species, residents should follow these guidelines:

Cooperate with the Agriculture Department and allow them access to your garden to place traps, inspect plants, conduct necessary treatments or remove potentially infested

produce.

Determine if your property is located within an active quarantine area by visiting CAFruitFly.com.

Buy fruit trees and vegetable plants from licensed California nurseries. Purchasing agricultural goods from uncertified sources can spread invasive pests. Source your plants locally and responsibly. To find a licensed nursery near you, visit CDFA’s Directory of Licensed Nurseries.

Inspect your garden for signs of invasive fruit flies or maggots and report any findings to the Agriculture Department.

Help us protect our agricultural and natural resources and California’s unique biodiversity from invasive fruit flies — please Don’t Pack a Pest when traveling or mailing/receiving packages.

To learn more about invasive species, visit CDFA’s Plant Health and Pest Prevention Services Division. ★

Unhoused Homeless Down 41% in Latest PIT Count

Continued from Page 1

not so intractable after all,” said Sacramento Mayor Darrell Steinberg. “The 41% reduction in unsheltered homelessness is dramatic and affirms that the steady course we set seven years ago to address this state and national crisis is working.”

District 2 County Supervisor Patrick Kennedy also cited the work the county has been doing, including opening two Safe Stay sleeping cabin communities in his district.

A Safe Stay community now under construction on Stockton Boulevard in the city of Sacramento will include tiny homes provided to the city by the state. It will be run by the county through its partnership agreement with the city.

“It is encouraging to see positive results from the hard work we’ve been doing for years,” Kennedy said. “The county has invested significant

resources into new programs, services and shelter beds. I am proud to have many of these shelter beds in my district and more coming this year. Together, we’re making a difference!”

Sacramento Steps Forward CEO Bates noted several significant factors that have helped ease the crisis of unsheltered homelessness in Sacramento, including:

Direct assistance from the state to cities, counties and Continuums of Care through the Homeless Housing, Assistance and Prevention Grant (HHAP) program. The city, county and Sacramento Steps Forward have received \$120 million in HHAP funding since 2019. HHAP currently pays for 97% of the city’s emergency shelter beds.

The partnership agreement signed by the County and City in 2022 increased street outreach to homeless encampments with teams that include county

behavioral health workers.

A sizeable increase in emergency shelter and homeless housing capacity. The number of shelter and transitional housing beds in the city and county has increased by 84 percent from 2020 — to a total of 3,527 beds. The number of permanent supportive housing units has risen 30 percent, an increase of 1,001 units.

An easing of rents and the availability of apartments. Bates noted that the average apartment vacancy rate rose by 58% since 2022, with rents dipping by 3%.

The new Coordinated Access System funded by the City and County and run by Sacramento Steps Forward provides a centralized access point for shelter, housing and homelessness prevention services.

To read the full 2024 Point-In-Time Count report and view infographics, go to www.sacstepsforward.org. ★

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Back to the Grind

If I say “1492,” chances are it’ll bring to mind that old school rhyme, “In 1492, Columbus sailed the ocean blue.”

But now I suspect I’ll remember 1492 in a different light. That’s because last month I flew to Tegucigalpa, Honduras, to sharpen 1,492 pencils.

You say, “That’s an expensive trip for such a menial chore.”

Yes, I get your point, but if you’re a regular reader of this column, you know that Chispa Project needed those pencils for the inauguration of their 88th Honduran library at Pedro Nufio Elementary School.

I know I’m not the sharpest stick in the pencil box, but still I expected the project director to match me to something more in line with my talents.

After all, the director is my daughter, Sara Brakhane. She knows that I’ve spoken to dozens of U.S. audiences. I thought she might arrange a speaking gig in a Honduran soccer stadium.

At the very least, she should have arranged for me to mentor the school’s



Spiritual Care
BY NORRIS BURKUS

principal and share the B.F. Skinner Psychology of Education I learned in seminary.

I mean, what’s the harm in a little nepotism?

A lot, apparently.

She assigned me to count pencils, sharpen them, and drop said writing instruments into 421 of the new school backpacks.

Of course, I wasn’t the only volunteer that arrived on the Dallas connection. The less jet-lagged and talented ones were slotted for important jobs.

Under the direction of Lester Reconco, an artistic Chispa employee, volunteers helped paint a large mural onto the library wall. It was no Banksy or Wyland Whale, but in quick time, our fledgling artists brought the room to life with bright primary colors.

Designed to inspire, the drawing features a Honduran boy in an oceanside scene. He’s reclined on a wave of books while reading. On a field of blue, volunteers added a sailboat, a swan, and multiple fish.

Other artists meticulously painted a line of books that encompassed the room.

Meanwhile my pencil sharpener overheated and forced Sara to assign me to the painting team. However, it was still not the fame I sought.

My job was to pour various paints into red Solo cups, lug them to the talent, and wash their brushes. My nickname was Pour-Pour-Norris.

Suddenly, I became a truly irreplaceable member of the team.

I know this because I begged others to replace me.

They would not. But finally, after two days of painting, the moment came to shelve the books in the new library.

From the school parking lot, our volunteers worked an assembly line offloading



Chaplain Norris Burkus, seated, right rear, and other volunteers establish a library in Honduras. Photo courtesy of Norris Burkus

850 new books from our bus. We carried the books through a playground of kids playing soccer and girl-chase-boy games.

Still, several stopped to hug us, sharing broad and cheeky smiles that stretched for miles and miles. Suddenly we were surrounded by a gaggle of schoolgirls and boys, all grinning with unrehearsed wonder. They weren’t subtle. They wanted to see the new books we were shelving.

If you know the excitement U.S. children express over a new video game, you can conceive the enthusiasm building in these students as they saw their first children’s picture book.

On the final two days, Chispa volunteers hosted the library inauguration, a sort of all-day birthday

party. Students rotated among classrooms for hands-on-fun that included puppets, science experiments and storytelling.

I never did get to deliver my Skinner lecture. But I can share with you that, like Skinner, Chispa believes that changing the environment can make education enjoyable and effective for all students.

Books are used to affect that change.

And the school where we were is definitely an environment that needed changing.

This rural school sits near the city’s landfill where many parents work to collect trash, operate the landfill’s incinerator, or commute by bus to a day laborer job.

When we left Honduras, the new library we had painted and filled with

rows of new books had changed their environment for the better.

Chispa’s challenging slogan suggests we all “Help change the story.” I like to think that sometimes their stories can be changed, and a sharpened pencil can write that new story.

So, with more libraries coming soon, shall I “pencil you in” for the next volunteer trip? In the meantime, I guess you can say, it’s back to the grind for me.

You can be a part of the change by sending a check made to “Chispa Project.” Or give online at Chispaproject.org/chaplain Send to 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Email comment@thechaplain.net or message at (843) 608-9715. www.thechaplain.net. ★

State Fair Here for 17 Days

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - The 170th California State Fair offers 17 days of old-fashioned fun for the whole family, from July 12 to July 28.

Lucky for us that we don’t have to drive too far; the first state fair sponsored by the California State Agricultural Society, was held in San Francisco on Oct. 4, 1854, and rotated to different cities for the next six years. In 1861, however, Sacramento became the permanent location for the extravaganza.

While today’s California State Fair still honors the state’s agricultural industry, there is much more to see and enjoy at the annual event.

There are plenty of activities for all ages. That includes eating funnel cakes, waffles to sliders; listening to top musicians; riding Butler Amusements’ thrilling Zipper to the classic and calmer Crown Merry Go Round; and checking out competitions and exhibits that feature our neighbors’ talents and skills.

Besides the nightly concerts, entertainment is ongoing each day. For starters, there are the Tanzanite African Acrobats, the Stilt Circus and the Salsa Steel Band.

The many competitions include the Open Livestock Show with beef cattle, sheep, Boer goats, dairy cattle, dairy goats, Nigerian dwarf goats, pygmy goats, angora and fiber goats, longhorn cattle, llamas and alpaca.

And the always popular Junior Livestock competition spotlights the dedicated youth FFA members with their beef cattle, sheep, swine, goats, dairy cattle and dairy goats.



What would a fair be like without going on rides at the carnival? There are rides for the thrill-seekers as well as for those who want a tamer but just as fun experience. Photo courtesy of California State Fair

Exhibits range from a Candy Maze Selfie Exhibit, a Student Showcase & CA Crafts Exhibit, Animation Academy to a fine art and photography exhibit.

The California State Fair is open different hours of the week.

Main Gate and Blue Gate hours are from 11 a.m. to 10 p.m. Monday through Thursday and from 10 a.m. to 10 p.m. Friday through Sunday.

Green Gate opens at 2 p.m. Monday, Wednesday, Thursday and Friday, and at 11 a.m. Tuesday, Saturday and Sunday.

Carnival and Skyride hours are from 2 to 11 p.m. Monday, Wednesday, Thursday and Friday, and from 11 a.m. to 11 p.m. Tuesday, Saturday and Sunday.

Kids Park hours are 1 to 11 p.m.

Monday, Wednesday, Thursday and Friday, and 11 a.m. to 11 p.m. Tuesday, Saturday and Sunday.

Exhibit Building hours are 11 a.m. to 10 p.m. Monday through Thursday; and from 10 a.m. to 10 p.m. Friday through Sunday.

The Monorail opens at 11 a.m. Monday through Thursday, and at 10 a.m. Friday through Sunday.

Tickets can be bought online at <https://calexpostatefair.com/tickets> or at the fair’s box office. Several ticket prices and packages are offered. Daily tickets to the fair and food festival start at \$16 for adults (\$14 in advance), \$12 (\$10 in advance) for seniors 62 and older and \$10 (\$8 in advance) for children ages 5 to 12. Fair



A ribbon from the competitions is a huge honor for the hundreds of competitors.

admission is free for children 4 and under.

In addition, a Family Fun Pack is \$49.99 and includes four single-day general admissions, four ride tickets (each good for one ride in the Carnival or on the Monorail), and a parking pass.

The Toyota Concert Series is free with fair admission ticket in the area behind the General Admission seating area to the first 700 concert-goers. Seats can also be reserved, starting at \$25.

Parking is \$15 a day or three days for \$30.

There are also different prices for the carnival rides, starting at \$1 per ticket and carnival fast passes from \$10 to \$15. An Unlimited Ride Wristband bought at the Carnival is \$39 Mondays, Wednesdays and Thursdays, and \$44 Fridays, Saturdays and Sundays.

Cal Expo is at 1600 Exposition Blvd. in Sacramento, northeast of the American River.

For more information about the California State Fair, go online to calexpostatefair.com, call 916-263-3000 or email INFO@CALEXPO.COM. ★

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ABOUT TOWN

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

Trucks & Such in Garcia Bend Park
This family fun event is hosted by District 7 Councilmember Rick Jennings from 5 p.m. to 8 p.m. Aug. 16 in Garcia Bend Park.
Friends of Sutter's Fort Discounted Admission Rates
– Friends of Sutter's Fort, in partnership with Sutter's Fort State Historic Park, is proud to present a series of family-friendly events and activations this fall highlighted by holiday themed movies, an all-ages concert, and adventurous self-guided evening tours by flashlight or lantern light.
For those interested in visiting inside Sutter's Fort State Historic Park (that is open from 10 a.m. to 5 p.m. daily), all Fort admission fees will be waived for the duration of a major roof replacement and seismic stabilization project that is currently underway. For more information, please visit www.suttersfort.org.

District 7 Sponsors Music in the Park
Music, food trucks and fun! Sponsored by District 7 Councilmember Rick Jennings.
July 12, 6 p.m. to 8 p.m.: Jazz in July, Joe Mazzaferro Band @Marriott Park
July 19, 5 p.m. to 8 p.m.: Jazz in July, Vivian Lee @Garcia Bend Park
July 26, 6 p.m. to 8 p.m.: Jazz in July, Virginia Ayers-Dawson & Ayerplay @ Belle Cooledge Park
July 28, 6 p.m. to 8 p.m.: Music in the Park @Curtis Park

August 25, 6 p.m. to 8 p.m.: Music in the Park @Curtis Park
Elk's Lodge Calendar of Events
Farmer's Market, 9 am-1 pm every Saturday.
Elk's Lodge Sunday Breakfast, 8:30 am-11 am every Sunday.
Bring your friends and family; \$15 tax included. Best deal in town. Made to order Omelets or eggs any way you want. Bacon, sausage, potatoes, biscuits and gravy, pancakes, waffles, coffee large parties should call for reservations. Guests are VERY welcome!
Water Aerobics, Monday 10 am, Wednesday 2 pm, Friday 10 am
Yoga, Monday 12 pm, Wednesday 3:30 pm. Lodge members free.
Martial Arts, Monday 5 pm
Pickleball, Mon & Wed 9 am-12 pm, Thu 4:30-7:30 pm, Sun 4-7 pm
To sign up or confirm schedule, join playtimescheduler.com
Improv Night, 2nd & 4th Wednesdays, 6-8 pm
Wednesday Night Dinner, 5:30 to 7 pm
See above and elks6.net for weekly menu.
Karaoke
Thursday 7 pm
Saturday 7:30 pm
Friday Happy Hour, Friday 4-7 pm
Line Dancing, 2nd and 4th Fridays

Sacramento Area Museums Showcase Region's Roots All Year Long
The Greater Sacramento region is rich with popular museums and destinations that offer diverse and enriching experiences for individuals, families, residents, and visitors alike. Given the critically important role agriculture continues to

play in the region, many local museums offer special exhibits, experiences and activations that highlight ever-enduring Farm-to-Fork connections. A sampling of some of the Farm-to-Fork offerings at local museums includes the following:
California Agriculture Museum – Woodland is home to an entire museum focused on agriculture, filled with a unique collection of harvesters, wheel and crawler-type tractors, combines, trucks, art, artifacts, rotating interactive exhibits and much more.
In all, the museum tells the history of Farm-to-Fork, dating back to the Gold Rush era and how the industry evolved from horse drawn to steam driven to fuel powered machines to harvest and transport California's bounty.
California State Railroad Museum & Foundation – A Fruit Growers Express refrigerated rail car is on permanent display inside the Museum's Roundhouse. Museum visitors can explore this historic rail car and exhibit, "Farm to Fork: A Public History," and learn about how refrigerated rail cars enabled California farmers, growers, and producers send farm-to-fork freshness all over the country.
Visitors can step inside the historic Fruit Growers Express rail car to see how the ice-cooled rail cars transported produce and built an agricultural system that exports more wealth than the California Gold Rush.
Plus, the popular weekend excursion train, Sacramento Southern Railroad – currently on pause due to an important rail repair project – runs on the historic Walnut Grove Branch Line. This rail line transported pears, asparagus, celery, seeds, and other products from the Delta communities to markets nationwide.
Sacramento Children's Museum – Young visitors hungry to learn about fresh food have a variety of options at the

Children's Museum, including at the miniature Leo's Market and Leo's Food Court (a miniature market of food carts), about bees and honey with the in-house beehive, and an interactive train table highlighting Sacramento's agricultural landscape in miniature, complete with mini livestock. Plus, the Children's Museum will be at the Farm-to-Fork Festival (September 22-23) sharing vegetable stamp printing with visitors.
SMUD Museum of Science & Curiosity – MOSAC's interactive exhibits bring the story of water to life, demonstrating how our region is working together to conserve this natural resource for now and future generations. The "Water Challenge" exhibit lets museum visitors actively shape a watershed's flow, create a tune for saving water at home, and choose between local or non-local foods to buy based on how everyday decisions impact conservation efforts — all while learning about the environmental footprint along the way.
Utility Exploration Center – The City of Roseville's Utility Exploration Center (UEC) is a testament to the region's commitment to sustainable living and resource conservation.
Nestled in the heart of a region renowned for its Farm-to-Fork movement, the UEC acts as an educational hub, encouraging residents and visitors alike to delve into the intricacies of energy and water conservation, waste reduction, and sustainable practices. By fostering an understanding of how we use and preserve resources, the UEC underscores the importance of our agricultural roots.
For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. ★

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. ★

Nonprofit Receives \$15,000 to Help Unhoused Sacramento Women

Kristin Thébaud Communications News Release

SACRAMENTO, CA (MPG) - Women's Empowerment has received a grant of \$15,000 from Union Pacific's Community Ties Giving Program to help women experiencing homelessness in Sacramento find jobs and safe homes during the housing crisis.
"We are proud to once again partner with Union Pacific's Community Ties Giving Program to ensure unhoused women can find and retain employment so they can afford a safe home for themselves and their children," said Lisa Culp, executive director, Women's Empowerment.
Women's Empowerment provides a two-month

employment-readiness and empowerment program, paid job training, childcare and support services so women and their children can break the generational cycle of homelessness. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness and their children. In 2023, 165 jobs were secured by graduates, and 189 women either secured or maintained housing.
Since 2001, 1,870 women have graduated from the program with their 4,002 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation:

Womens-Empowerment.org.
"Union Pacific proudly supports organizations that improve the quality of life where our employees live and work," said Liisa Stark, vice president of public affairs, Union Pacific. "Investing in high-quality, non-profit programs puts our communities in a position for future growth and prosperity."
The Community Ties mission is to build safe, prosperous, vibrant and inclusive communities by investing in high-quality nonprofits and programs in the cities and towns in which Union Pacific operates and its employees live and work.
For more: up.com/aboutup/community/foundation/index.htm. ★

Hearts for Healing Lifts Community

Continued from page 1

States, as many as one in eight women will be diagnosed with breast cancer?"
The girls are members of Troop 569-36. Their handout explains that one form of treatment is having a surgery called a mastectomy.
Sydney notes, "The pillows we're making protect the patient's surgery site from various things, like the pressure from a seatbelt, and reduce any discomfort they might feel."
The girls are proud to claim that another aspect of their project is to raise awareness and share the importance of these pillows with the community. Visitors to their booth at the GHP Farmers Market learn how to make a pillow themselves, which they can donate to a hospital or

give to a loved one. Sydney and Hannah said in unison, "This way, people can continue to make pillows to help breast cancer patients recover faster."
While Sydney and Hannah were manning their Hearts for Healing booth on Saturday, June 8, the Sacramento Girl Scouts Council was holding their summer lifeguard training in Elks 6 Lodge's swimming pool. Bob Van Gundy, who is Elks 6's scouting chair, beamed with broad and happy smile that the Lodge was helping Girl Scouts in more than one way.
A Girl Scout Cadette in sixth, seventh, or eighth grade can find an issue they care about and then make a difference in their community. They can earn the Girl Scout Silver Award — one of the highest awards in Girl Scouting.

Barbara Cherry, who is a former Chaplain of Elks 6, is extremely proud that GHP is playing a role in these two young girls making the Greenhaven Pocket community a better place. Barbara, who is a breast cancer survivor, is the webmaster for the GHP Farmers Market located at Elks Lodge 6.
Barbara emphasized that, "All charity at GHP is for local events and organizations. GHP stands for a better community."
Everyone is welcome to leave a message for the girls at the GHP Farmers Market information booth on Saturdays from 9 a.m. to 1 p.m. The message will be forwarded to the girls.
Sydney and Hannah have a flyer that details how to make a mastectomy pillow. All you need are the following materials:

Two 15" x 15" pieces of a soft fabric like cotton or linen
Fiberfill stuffing
A needle and thread
A sewing machine
Scissors
Instructions:
1. Trace a heart on your fabric. You can freehand it or print out a pattern.
2. Cut out both layers and flip out one layer so that the colored sides face each other.
3. Sew the two layers together. Leave a 2 to 3" gap on one side of the heart to stuff it.
4. Clip the edges of the middle of the heart to avoid puckering.
5. Turn the heart right side out and stuff it. Then hand-sew the gap closed. We recommend using a ladder stitch because the stitches will be harder to see. ★

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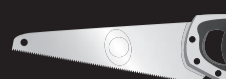
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Kings Korner

By V.G. Harris



Celebration time, come on! Yes, it really is celebration time in Sac Town, and for the naysayers in the group that were waiting that the free agents were flying by and Monte McNair wasn't pulling the switch, it's time for some credit and accolades.

The most recent acquisition, albeit not yet complete, of free agent DeMar DeRozan, has a 50-plus win season written all over it for our hometown team.

DeRozan, without question one of the most coveted free agents in this year's mix, has apparently chosen the Sacramento Kings over other contenders such as the L.A.

Clippers and L.A. Lakers. What makes this exceptional is that DeRozan is from Southern California, and he chose Sacramento over his hometown.

Sacramento has received criticism over the years that the Kings can't attract big free agent names, and the signing of DeRozan may spell an end to that rhetoric.

One of the shortcomings of last year's team was their inability to close out close games, and that they were somewhat too one-dimensional with their late-game methodology.

No question De'Aaron Fox can't be called upon to provide all of the late game heroics, and that was

primarily the end-game strategy the past couple of seasons.

The signing of DeRozan will enhance opportunities for not only Fox, but Keegan Murray, Domantas Sabonis and Malik Monk, as well.

Opposing teams cannot plan their defense around stopping De'Aaron Fox with a weapon like DeRozan on the floor, and his scoring ability will undoubtedly enhance the scoring capabilities of everyone around him.

DeRozan doesn't come cheap, and part of the process in procuring a six-time NBA all-star is making room under the salary cap. To make that happen, the

Kings had to shed the \$18 million per year they were paying to veteran Harrison Barnes, and Harrison was dealt to the San Antonio Spurs, who are apparently looking for veteran leadership amid their current youth movement.

For many Kings fans that have enjoyed watching Harrison bring his slashing style of offense and the mid-range shooting he has become known for, it's bittersweet. Harrison was a fixture in the Kings starting lineup since February of 2019, and his durability was one of the unquestionable qualities the Kings will miss.

For a team that led the NBA in scoring just two seasons ago, Sacramento dropped 13 spots last year, and even a stronger defensive presence wasn't enough to make up the difference. Missing the playoffs after making the playoffs just one year ago was a gut punch, and it put a bull's eye on the backs of players that were too inconsistent with their scoring. Harrison, as a starter, was at the top of the list.

So, we wish Harrison well, and usher in a different looking starting lineup that will hopefully include fan favorite Malik Monk, as well.

Without question, DeRozan brings a veteran strength that will show itself in additional wins this season, but the Kings still need help for their all-world center and NBA leader in rebounds, Domantas Sabonis.

While Monte McNair could run for mayor of Sacramento and probably win right now, other potential moves are still in the offing. Drew Timme, 6' 10" center from Gonzaga, was just signed to the Kings' summer league team, and although not drafted, there is something about this 23-year-old that will make you look twice. Could he be a diamond in

the rough? It's possible, but for much needed up front help, let's not forget that already secured on the Kings roster are little-heralded Alex Len and veteran Trey Lyles.

At times, coaches have a tendency to overlook what they already have, and I for one do not believe that we've seen the best basketball that these two Kings have to offer.

For the Chris Duarte fans out there, sadly Chris was sent to Chicago along with two second-round draft picks and money to conclude the DeRozan acquisition. We will miss Chris and his spark off the bench, but like Harrison, the fans wish Chris all the best in Chi Town.

Stay tuned, Kings fans, for more magic from your intrepid GM, and thank you Monte McNair for having the patience to wait for the right player to surface for the Kings.

Welcome, DeMar DeRozan! ★

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Mayor Steinberg's Legacy: A Tale of Broken Promises and Declining Civic Trust

Commentary
by W. Bruce Lee

Disappointment. That’s the best way to sum up Mayor Darryl Steinberg's tenure. Despite the high expectations when he was first elected and his political clout as the former California State Senate leader, Sacramento has taken a sharp downward turn for the worse during his time in office. Many of us are ready to say goodbye and good riddance.

Mayor Steinberg’s legacy is perfectly encapsulated a few weeks ago by a viral online video, showing Sacramento police officers casually moving past a person who was breaking into a local historic diner – the fourth break-in since September. While the suspect was later arrested, this glaring instance of inaction underscored a troubling breakdown of law and order that has spread across our city, leaving residents feeling vulnerable.

The Sacramento mayor has limited power so the City Manager and Council share some of the blame for the current problems. However, after being the second most powerful person in a state that rivals the size of many countries, Steinberg’s

inability to effectively lead a group of local elected officials and staff shows his failures as a leader.

Sacramento’s decline isn’t because of the lack of money. In 2018, voters approved Measure U, a sales tax increase that raised approximately \$100 million annually and was pitched as a way to "protect and enhance essential public safety services." Mayor Steinberg promised the revenue would not be diverted to public employee pensions, claiming it would be a “true game changer” to fund affordable housing, homeless shelters and job training.

Once passed, Mayor Steinberg failed to lead the Council and uphold his commitments. Instead of reinforcing public safety, Sacramento now has an understaffed police force with over 100 vacancies, where many residents receive a text message in response to their 911 calls unless it’s a severe crime. Police officers privately tell me they quit as soon as they could as it was so frustrating. In the words of one officer, “It is sad to see what used to be a somewhat great city diminish right before our eyes. It certainly isn’t the city I started working for many years ago.”

Despite the Measure U sales tax and \$110 million in federal aid during the pandemic, Sacramento’s budget faces a daunting \$66 million deficit, a testament to the city’s fiscal mismanagement. Ironically, the city predicted that the deficit would reach \$85 million by 2024 without Measure U.

To address the budget shortfall, Mayor Steinberg and the Council pitched another tax (Measure C), this time it was aimed at Sacramento’s business community, including doctors and dentists. Measure C was resoundingly rejected by voters and drew a scathing for avoiding transparency requirements. The whole episode deepened public distrust in Steinberg's leadership.

Even as Steinberg’s false promises have become apparent, he has been able to avoid difficult questions about his leadership as the city’s main daily newspaper, the Sacramento Bee, has been mostly unwilling to voice criticism of the mayor. It’s no coincidence that the Bee’s readership continues to plummet as residents can clearly sense the city’s declining services and growing problems even if the paper omits coverage of these issues.

As the mayor’s tenure nears its end, he has one final insult to taxpayers. Steinberg is vocally opposing the Taxpayer Protection Act, a statewide ballot measure that empowers voters to approve all state and local taxes and improve accountability for our tax dollars. Unsurprisingly, Steinberg’s response to giving voters more of a say in their government is, “Are you kidding me?” He is leading a coalition who falsely claim it would stifle cities’ ability to raise taxes when the initiative has no impact on taxes proposed by a city council.

Steinberg ascended to the Mayor’s office with high hopes and big promises, but his leadership leaves behind a city marred by crumbling public trust, declining public services, and a massive budget deficit.

Given his lofty expectations, it’s not hyperbole that Steinberg has been Sacramento’s worst mayor in recent history. Whoever wins the Mayor’s race in November, they should learn from Steinberg’s example of false promises and failed governance.

W. Bruce Lee is the Sacramento Taxpayers Association president. ★

Prepare for Boating Hazards

U.S. National Weather Service News Release

SACRAMENTO REGION, CA (MPG) - Before you go out on the water, check the forecast at your local National Weather Service coastal office. You should also check for the latest National Weather Service buoy observations from the National Data Buoy Center.

You should also make sure your boat has essential -- and in some cases, required -- safety equipment and communications tools.

Life Jackets

Before you and your family get out on the water this year, grab a life jacket and “Wear It!” Nearly

85 percent of those who drown while boating were not wearing a life jacket. Wearing a life jacket is one of the most effective and simple life-saving strategies for safe recreational boating. Boaters are required to have a U.S. Coast Guard-approved life jacket on board for every passenger on their vessel.

Today’s life jackets are available in a wide variety of shapes, colors and sizes. They are comfortable, lightweight and perfect for any boating activity.

The most important thing is this: remember to grab a life jacket and “Wear It!” To learn more, visit the National Safe Boating Council online at www.safeboatingcouncil.org.

Fire Extinguishers

U. S. Coast Guard-approved, marine-type fire extinguishers are required on boats where a fire hazard could be expected from the engines or fuel system. When required, boats less than 26 feet must carry at least one B-I, Coast Guard approved fire extinguisher. Boats 26-40 feet must carry two B-I or one B-II Coast Guard approved fire extinguisher(s). Boats 40-65 feet must carry three B-I or one B-II and one B-I Coast Guard approved extinguishers.

Fire extinguishers are classified by a letter and a number symbol. The letter indicates the type of fire the unit is designed to extinguish, and the number indicates the size of the



As fun as boating can be, it is also very important to practice it safely. Photo courtesy of the National Oceanic and Atmospheric Administration

extinguisher.

A type B extinguisher, for example, is intended to extinguish burning liquids such as gasoline, oil or grease, all of which are common on a boat.

You shouldn’t have to travel more than half the length of your boat to get to the fire extinguisher. Check your fire extinguishers at least once a year to ensure

they are properly charged, stored and are undamaged. Start your boating season with this vital safety check.

Communications

Cell Phones, Weather Radios and Other Options

If you have a smart phone, get weather news at mobile.weather.gov.

The National Oceanic and Atmospheric

Administration (NOAA) Weather Radio All Hazards will sound an alert when the National Weather Service issues a weather advisory. Weather radio is a vital tool for a mariner.

There are many other communications options available to mariners on the U.S. National Weather Service marine site: weather.gov/marine/ ★

Office of Governor Gavin Newsom News Release

SACRAMENTO, CA, (MPG) - On June 21, Gov. Gavin Newsom announced that CalRx-branded over-the-counter naloxone HCL nasal spray, 4 mg, will be available for free to eligible organizations through the Naloxone Distribution Project.

This follows the state’s contract with Amneal Pharmaceuticals to purchase an over-the-counter naloxone nasal spray product through CalRx’s Naloxone Access Initiative at a significantly lower price.

“The CalRx brand is more than a logo; it’s a way to show that the state cares. CalRx is proof positive of California’s innovation, business acumen, and most importantly, our heart. California is spending smarter by making life-saving drugs more affordable so that we stretch our dollars further – and make that same low price accessible to more people,” Newsom

said.

Eligible entities can obtain CalRx over-the-counter naloxone HCL nasal spray, for free through the California Department of Health Care Services Naloxone Distribution Project. CalRx is also working on an option for individuals to buy CalRx over-the-counter naloxone nasal spray directly.

Additional details will be shared on the Naloxone Distribution Project website as they become available.

Qualifying California business entities and organizations seeking to purchase CalRx over-the-counter naloxone HCL nasal spray, for \$24 per twin-pack can do so by visiting CalRx’s Get Naloxone website at <https://calrx.ca.gov/get-naloxone>.

In May alone, the state purchased approximately 24,000 units, leading to \$415,000 in savings. Since the Naloxone Distribution Project was created, more than 4,433,700 units have been distributed,

and more than 277,000 lives have been saved.

"By making naloxone widely available and affordable, we are empowering communities and saving lives," said California Health and Human Services Agency Secretary Dr. Mark Ghaly. “This is a crucial step in our ongoing efforts to tackle the opioid crisis head-on."

The overdose epidemic claims thousands of lives each year throughout the nation – and California is combatting this through an all-hands-on-deck approach. A critical component of that is through harm reduction services and methods like naloxone, which can reverse opioid overdoses swiftly and effectively.

By making CalRx-branded over-the-counter naloxone nasal spray readily accessible, and maximizing the state dollars used to purchase it, California is taking a significant step toward reducing the number of opioid-related deaths and

ensuring that over-the-counter naloxone is available when and where it is needed most.

Gov. Newsom released the Master Plan for Tackling the Fentanyl and Opioid Crisis to support overdose prevention efforts like the CalRx Naloxone Access Initiative. Recently, Governor Newsom launched Opioids.CA.GOV, a one-stop-shop for Californians seeking resources around prevention and treatment.

The CalRx Biosimilar Insulin Initiative continues to move forward to bring this lifesaving and life-sustaining drug to market as soon as possible. Following recent meetings with the US FDA, CalRx’s partner Civa has a clear path forward. California is using its market power as the 5th largest economy in the world to save lives and make health care and medication more affordable.

More information about CalRx can be found at <https://calrx.ca.gov>. ★



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Grand Jury Addresses Missile Site Contamination

By Carol Feineman

NORTHERN CALIFORNIA, CA (MPG) - One of the 2023-2024 Placer County Grand Jury Final Consolidated Report’s 13 individual reports addressed the trichloroethylene (TCE) contamination spreading today from a Lincoln Titan 1-A Missile Site that closed in 1965.

The 58 county grand juries, made up of interested community members, investigate operations of the various officers, departments and agencies of local government, according to California Courts, Judicial Council of California.

The grand jury is part of the county judicial system authorized by the California State Constitution.

What’s striking about this year’s report is that the grand jury took on the missile site’s contamination that falls under the responsibility of a federal agency, the U.S. Army Corps of Engineers and the state’s Central Valley Regional Water Quality Control Board. The Water Board oversees what corrective actions the Army Corps will finally take to eliminate the TCE.

The areas which are not within Placer County Grand Jury jurisdiction include federal agencies and state agencies.

Yet the Placer County Grand Jury addressed today’s contamination spreading into a Lincoln active-adult community from the missile site because “it is important to educate the citizens of Placer County about this issue. Cleanup of former military sites contaminated

with toxic chemicals such as TCE is a lengthy process. The process typically involves assessments, cleanup plans and implementation, with involvement from multiple stakeholders. It is crucial to prioritize safety and effectiveness in these cleanup efforts.”

The grand jury’s 18-page report, “From Missiles to Meadows: Restoring Nature’s Balance,” stressed that the former Lincoln missile site “poses environmental health risks due to past activities, including chemical use, chemical spills and unexploded ordnance (military supplies such as weapons, rockets, or armor). The source of contamination is trichloroethylene (TCE), a solvent which was used to clean the liquid oxygen Rocket Propellant-1 piping and was discharged into the ground...”

The grand jury found that “Cleanup efforts will require soil remediation and groundwater monitoring to mitigate environmental impacts.

To date, no remediation efforts have been completed, resulting in health and environmental concerns from the community. Without cleanup efforts, the contamination poses a risk to the surrounding environment and public health.

It is essential for proper authorities to prioritize and initiate cleanup efforts to address these potentially serious hazards. This remediation project underscores the importance of monitoring and managing environmental contamination at former military sites to ensure public safety and environ-



From left, Lincoln City Councilman Bill Lauritsen, Ray Birge and Anne Constantin Birge, members of the grassroots Titan 1-A Missile Site Environmental Contamination and Remediation Committee, were looking at the number of the monitoring well to see what the trichloroethylene (TCE) levels have been over the years. Photo by Carol Feineman

mental preservation.”

A little history is in order. The 54 former intercontinental ballistic missile (ICBM) silo sites in California, Colorado, Wyoming and Washington built during the Cold War in the early 1960s were designed to destroy enemy targets anywhere around the world within an hour of launch.

The two-stage missiles

were stored in underground silos and raised to ground level for launch, according to the Library of Congress. Furthermore, each complex consisted of three missile silos supported by a network of underground fuel storage tanks, equipment terminal, antennas and connecting tunnels.

Beale Air Force Base 851st Strategic Missile Squadron oversaw

Northern California’s triangle of Titan I missile silo complexes in Lincoln, Chico and Live Oaks.

Co-founder Anne Constantin Birge of the grassroots Titan 1-A Missile Site Environmental Contamination and Remediation Committee trying to speed up the cleanup process appreciated the grand jury report.

The report accurately

stated that no remediation efforts have been completed, according to Birge.

“Many thanks to the members of the Placer County Grand Jury for succinctly and clearly putting the issues on the table for all to see,” Birge said. “And, for the Water Board and United States Army Corps of Engineers to know, there are others watching them.” ★

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Cemetery Tales Always a Thrill

Story and photos by
Kristina Rogers

SACRAMENTO, CA (MPG) -

The Old City Cemetery Lantern Tour is the “hot ticket” for October. A local morbid tale told around Halloween is fun, and the docents enjoy spinning terrifying yarns about the cemetery’s residents. They also know these were real people who lived and breathed entire lives.

SalliAnne Maliguine was just re-elected the Old City Cemetery Committee board president. Her favorite lantern tour story involves a love triangle. The jealous lover of Mr. Kawahara’s wife snuck into their house and hid under the bed while they were out. At around 2 a.m., the lover leaped out and murdered the wife. Mr. Kawahara retaliated and killed the lover. He pleaded self-defense at trial and won. But Maliguine wonders, was the lover really under the bed that long?

Listeners eat up stories like these on a dark night in a historical cemetery. But there is plenty of work for Maliguine and her volunteer board for the rest of the year. Tours can run four times a month, plus events. For instance, the Beer Babes and Brawls event is supported by Ruhstaller Brewery. Guests enjoy beer and wine over bawdy stories about the local saloons. They also do movies in the cemetery. Maliguine said, “We showed ‘Night of the Living Dead’ and ‘Steamboat Bill,’ a black and white movie shot in Sacramento.”

An MOU (memorandum

of understanding) signed in 2022 has been the foundation for a clear relationship with the city. Volunteers raise money for projects like fixing and replacing headstones. Maliguine said, “Our goal is for everyone who resides here to have an address. Every plot will get a marker, which will also help during research.”

A docent can be a board member or not. They can update a story or create their own. If they are enthusiastic about a specific subject, such as the gold rush, or plagues, there’s a cemetery resident they’ll want to talk about. It takes a little research, memorization and speaking.

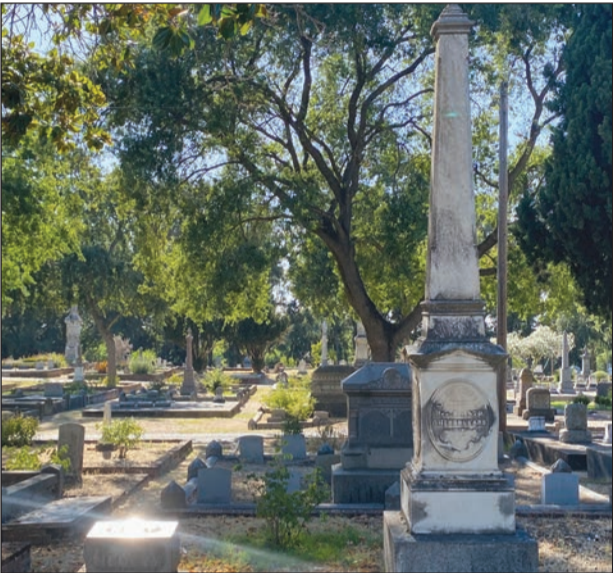
Long-time Docent Eric Vraznar finds cemetery relationships fascinating. He said, “I learned many residents who didn’t like each other are buried beside each other. There’s a lot of tea spilling during these tours. You didn’t make the court records unless you got arrested or went to court.”

As a writer, Vraznar knows how to research stories. He finds the cause of death, checks old newspapers, and reviews state library manuscripts. He said, “The Sacramento Room in the library on I Street is a great research place.”

Vraznar can also read between the lines. He said, “One of the first articles described a crazy woman whose ‘behavior was so well-known and unsavory there was no need to go into it.’ I thought, how can you not say her quirks? We



Docent Eric Vraznar speaks at the Capitol Connections Cemetery Tour.



The historic old city cemetery is located at 1000 Broadway in the Land Park neighborhood.

know everyone’s quirks today. It indicated there was a great story to tell.”

Docent Rachelle Weed believes in teaching today’s youth about past trailblazers. One of her favorite residents is Luella Johnson. Weed said, “She was Sacramento’s first woman city council

member elected in 1912, and the first female elected to such a position in the U.S. I always feel like everyone should know who she is.”

Diversity is already part of Sacramento’s history. SalliAnne Maliguine explained, “In 1849, there was no segregation in the



Eric Vraznar, Rachelle Weed and Eric Thomsen (in black hat) smile in front of a mausoleum in the Old City Cemetery.

cemetery. No one was turned away. All they had to do was pay for their headstone.”

New board member Dan Dolliver wants to tell those diverse stories. The cemetery has a sizable Afghan population from the 1800s he’s researching. Currently, he provides a symbolism tour and shares his favorite society. He said, “The Knights of Pythias was a secret order of government employees.” He laughed, “As a former state worker, I have an affinity for that group!”

As a board member, Dolliver is considering getting McClatchy High School and Sac City College drama students involved in the tours to help enliven the stories and support a new generation of history buffs.

Docent Eric Thomsen was surprised by his personal connection to a cemetery resident. He found a gravesite for a man named Allowing (pronounced all-wing), who was a retired boxer

and local restaurateur. Thomsen found out that Allowing fought Thomsen’s grandfather, Caesar Attell, in 1906 at a Los Angeles match. Caesar Attell’s brothers were Abe Attell, a featherweight champion, and Monte Attell, who held the world bantamweight title in 1909.

A capital tour guide and soft-spoken introvert during the off-hours, Thomsen comes alive when he tells a story. Like SalliAnne Maliguine, and the other docents, he loves the old cemetery and feels connected to the residents.

Thomsen explained, “A famous epitaph states, ‘Where standing, I was once. Where I am, you will be.’ These people had lives similar to mine. If I were living during their time, I’d never get a chance to meet the more famous residents. But today, I can stand at their graves and tell their stories.”

To learn more go to historicalcitycemetery.org. The Old City Cemetery is at 1000 Broadway. ★

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