



Arcade Middle School Celebrates New Beginnings

PAGE 2

'American Pickers' to Film in California

PAGE 7



Arden Arcade News

VOL 01 • ISSUE 10

Bringing You Community News For Over 30 Years

OCTOBER 11, 2024

SEE INSIDE

BLANKETS FOR SACRAMENTO KIDS GIVEAWAY



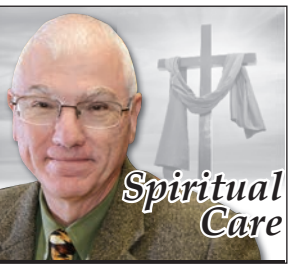
PAGE 7

KINGS KORNER BY V.G. HARRIS



PAGE 6

DON'T TALK ABOUT GOD BEHIND HIS BACK



PAGE 6



Scan our QR Code for a direct link to our online edition!

PRSRD STD.
U.S. POSTAGE
PAID
CARMICHAEL, CA
PERMIT NO. 350
OR CURRENT
POSTAL CUSTOMER

Last Dance for Park Ranger



Park ranger John Mohamed greets concert crowds during his farewell Carmichael Park shift. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Work has not been a 13-year walk in the park for Ranger John Mohamed. "I love being in the fresh air among people who are enjoying our parks," said the retiring Fulton-El Camino Park Police Department (FECPD)

Ranger. "But parks were my workplace, I was there on duty, helping to make people feel safe." At a recent Carmichael Park concert, a packed performance by rocker Todd Morgan, was Mohamed's final public shift before handing in his radio and keys. "Yes, I'm going to miss the job," Mohamed said.

The evening was punctuated by a farewell presentation, hundreds of handshakes and many dance requests. "Most of all, I'm going to miss these people," Mohamed added. "Wherever I go someone recognizes me and calls me by name. That makes me feel like the community knows I've served them."

It has been a big community: Fulton-El Camino Park Police Department officers work under contract for many park districts. Over career years, Mohamed was a familiar figure in Carmichael, Mission Oaks, Arden Manor, Fair Oaks, Orangevale, Sunrise, North Highlands, Arcade Creek

Continued on Page 3

Changes Coming to SMF Airport

By Daniel Canfield

SACRAMENTO REGION, CA - Effective Oct. 1 and without much ceremony, the Sacramento International Airport (SMF) hourly parking lot was closed, according to the airport website.

This was the closest parking lot to Terminal B, had more than 600 parking spaces available and was ideal for short visits to the airport to meet or drop off travelers using Terminal B. Terminal B accommodates the following airlines: Aeromexico, Alaska Airlines, Frontier, Hawaiian Airlines, Horizon, JetBlue, Southwest, Spirit and Volaris.

The Sacramento International Airport's website indicates the hourly lot will be permanently closed to make way for a new parking garage that will boast more than 5,500 spaces when completed. This new development is part of a larger capital improvement project ongoing at the airport. The project, dubbed SMF Foreword by Sacramento County leaders, is expected to cost \$1.3 billion when completed.

According to a September airport news release, project funding is coming from the sale of General Airport Revenue Bonds.

"Increasing close-in garage parking capacity is the number one opportunity we have to improve the guest experience at SMF," said Cindy Nichol, director of airports for the Sacramento County Department of Airports, in an April 2024 news release.

Indeed, a day after the hourly lot was closed, airport officials were joined by local dignitaries to break ground on the new Terminal B parking garage.

"Today's groundbreaking is another important step to realize the SMF Forward vision and deliver tangible improvements for our community," said Congresswoman Doris Matsui at the groundbreaking event. "This new parking garage will greatly expand capacity while going above and beyond to make the facility convenient and technologically cutting edge. I'm proud to champion the work of our airport and we are only continuing to push the envelope to keep it the national gold standard for years to come."

According to a Sacramento County news release on the groundbreaking event, the parking garage project will

Continued on Page 8

Ambulance 'Offload' Times Dropping



Metro Fire and Sacramento County representatives, along with various hospital staff across the county, pose for a group photo.

Story and photos by Annie Kerr

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is making tremendous progress in its goal to achieve a shorter ambulance patient offload time (APOT), according to county officials. APOT is defined as "the time between when an ambulance arrives at a hospital and when the patient is transferred to an emergency department for care. The time does not stop

recording until the emergency department fully assumes responsibility of care for the patient," according to Sacramento County Public Health officials. On Oct. 3, Sacramento County Public Health hosted the second Ambulance Patient Offload Time Summit, following the first summit on Feb. 13. The reason for these meetings is the 2023 passage of Assembly Bill 40, which stated that local

emergency medical services (EMS) agencies needed to establish an offload threshold that did not exceed 30 minutes and required a report to the California Emergency Medical Services Authority by July 1 of this year. Additionally, the bill mandated that hospitals submit ambulance patient offload time plans to the authority by Sept. 1 of this year. The Oct. 3 meeting highlighted the region's overall performance,

Continued on Page 8

Arcade Middle School Celebrates New Beginnings

San Juan Unified School District News Release

ARCADE, CA (MPG) - Arcade Middle School celebrated its brand-new campus during their Back-to-School Night on Sept. 19.

Over 100 attendees gathered under the recently installed shade structures to watch school and district staff, students and community members cut the ribbon on their new campus.

As attendees filed into the school under the vibrant red, black and white balloon arch, Arcade’s Advanced Band opened the ceremony with their debut performance in the school’s outdoor amphitheater area.

Arcade Principal Lindsey McManigal opened the ceremony, citing the importance of investing in our facilities to elevate student learning and achievement.

“As I stand here today, I am incredibly grateful to our surrounding community for their continued support of having our students learn in state-of-the-art facilities,” said McManigal. “When we look at our district’s strategic goal of advancing and supporting student success, our new campus provides a welcoming and safe

space to encourage career exploration and hands-on learning experiences.”

The new campus is home to new features which were not previously offered on the old campus. One of the new offerings is the “pHabLAB,” a makerspace dedicated to providing hands-on science, technology, engineering, arts and mathematics (STEAM) experiences to students. Students who take the STEAM class will work on projects such as designing and creating roller coasters, marble runs, catapults and bridges.

Other new exciting features include the media lab, which is equipped with state-of-the-art audiovisual equipment, an activity commons space furnished with comfortable seating, a spacious multipurpose room, amphitheater and renovated outdoor spaces such as basketball courts and playfields.

Student government representatives led a campus tour after the ceremony for community members to visit the administrative office, activity commons, pHabLAB, media lab, library and multipurpose room. The students were very eager to share their excitement about the new campus with their community. Umran Haqdost, Arcade eighth grader and student government

president, voiced his pride for the new campus during the ceremony remarks.

“This new campus gives us more opportunities to explore our future creativity and future, giving us new space and new electives such as media and classes we can explore for our future paths,” said Haqdost. “Some stuff that has me excited about our new school is the movie nights, rallies and the new MP room.”

Arcade’s new campus will continue to roll out its final touches, with the main parking lot nearing completion. Until then, the staff, students and greater community share a heightened sense of pride in their school, and excitement for what is to come for future community events.

San Juan Unified School District is grateful for our community who continue to invest in our schools through voter-approved bonds. These 21st-century standard facilities are the foundation of a secure and distraction-free educational experience for all students and staff.

For more about Arcade’s full-campus modernization, visit its construction page at <https://www.sanjuan.edu/our-district/construction-news/construction-projects/arcade-fundamental-modernization>.



Arcade Middle School celebrated its new campus Sept. 19. Photos courtesy of San Juan Unified School District



Students and faculty pose at the remodeled campus.



Orchestra students exhibit their talents at the Sept. 19 event.



Student government representatives led a campus tour after the ceremony.

Sacramento State Plans for Athletic Future

Sacramento State University News Release

SACRAMENTO, CA (MPG) - Sacramento State announced results of a feasibility study evaluating the potential for its intercollegiate athletics program to take the next step in its growth and development. This significant step is part of the ongoing effort to ensure the continued success of Sacramento State athletics and to align with nationally successful collegiate programs.

The study, which was conducted by College Sports Solutions and

commissioned in July 2023, outlines key areas of focus, including facility upgrades, financial investments, and program development. Among the primary recommendations are enhancements to the University’s football and basketball facilities and increased resources to support student-athletes. The findings will serve as a roadmap for Sacramento State’s long-term success

as the institution evaluates the best path forward.

With its recent achievements, including three consecutive Big Sky football championships, and an offering of 21 sports, Sacramento State is well positioned for continued growth. The feasibility study shows that the University’s commitment to athletics will ensure that its programs remain competitive, both regionally and nationally.

“We are energized about what this study shows regarding the future of our athletics program and its implications for the University as a whole,”

said Sacramento State President Luke Wood. “Our recent accomplishments across multiple sports, coupled with the investments we are ready to make across campus, demonstrate that Sacramento State is prepared to rise to the next level. The numbers show we are on the right track, and we are enthusiastic about the possibilities ahead.”

The executive summary of the study highlights important considerations, including the need to increase scholarships for student-athletes to meet the benchmarks of top-tier


programs. Additionally, it emphasizes a focus on enhancing football and basketball venues, including expanded seating, enhanced media and team areas, and increased revenue opportunities through premium seating and sponsorship. The report also outlines the importance of supporting student-athletes through Sacramento State’s strategic development of its Name, Image, and Likeness (NIL) initiatives.

“Our athletics program has thrived in recent years, and this study shows that we are well-positioned to continue building on that momentum,” said Mark

Orr, Sacramento State’s director of Athletics. “By investing in our facilities, scholarships, and student-athlete support, we can ensure that Sacramento State remains on a strong path.”

With a student population of over 31,000 and a history of athletic success, Sacramento State continues to prioritize the development of its sports programs, preparing them to compete at the highest levels.


For more information on the feasibility study visit the Sacramento State University website at www.csus.edu.



Election Information

November 5, 2024 – Presidential General Election

Vote Early and Vote by Mail.



Oct 7 Ballots begin to arrive by mail. Ballot Drop Boxes are now open.

Oct 21 Close of registration. Register today!

Oct 26 11-Day Vote Centers open through Election Day.

Nov 2 All Vote Centers open through Election Day.


Nov 5 Election Day! Last day to turn in your ballot.

Vote Early! Don't wait for Election Day

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage is necessary.


Track your Ballot

Sign up for “Where’s My Ballot?” with Ballottrax, a free ballot tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot - from printed to accepted. This provides additional transparency to voters on the status of their ballot.



Vote Early! Vote by Mail.

Visit www.elections.saccounty.gov or Call Toll Free (800) 762-8019



Submitted by Nick Sadek
Sotheby's International Realty

With our new home in Sacramento, we are poised to offer the same local knowledge and personalized service you expect,

With access to over 26,000 Global Real Estate Advisors across 1,100 offices in



community and look forward to continuing to serve this vibrant area with the excellence and integrity you've come to expect. ★

“Walking around and shaking hands shows people we’re the same as

"It's been a rewarding career with daily returns,"



“As a ranger, you see people’s needs. Open wounds, wet shoes, dirty clothes, sunburn,” Mohamed said. “The back of my vehicle was like a drug store. I also carried an unlock kit (for when keys got locked in cars) and a jumper box for dead batteries. It’s been my duty to be as helpful as possible.”



Playing at the Sacramento Softball Complex, Mohamed revived a rival player from cardiac arrest. Mohamed applied the Heimlich maneuver to save a choking concert attendee. His Silver Star medal for distinguished service resulted

“Officers don’t do what we do for glory,” Mohamed said. “Our rewards are in seeing safer neighborhoods and public confidence in us. We want people to believe we’re there for them; that we have their best interests at heart. I thank the fantastic training I’ve had for

"I'll miss my fellow officers," Mohamed said. "I'll miss my interaction with the public and the feeling at the end of a day that I'd accomplished something meaningful. I'll still go to concerts. It'll be much easier to dance without body armor." ★

FRESH PRODUCE

Red Potato **99¢/lb**

Sweet Mini Pepper 1 lb **\$2.59^{ea}**

Jalapeno Pepper **79¢/lb**

Red Yam (garnet) **99¢/lb**

Seafood Mushroom 150 g **79¢^{ea}**

Golden Kiwi **2 for \$3**

Pomegranate **\$1.59/lb**

Kabocha **79¢/lb**

AMERICAN/HISPANIC GROCERY

REG. \$3.29
99¢^{ea}
Progresso Bread Crumbs 2 kinds 15 oz

REG. \$2.49
99¢^{ea}
Alessi Bread Sticks 3 - 44 oz

REG. \$2.99
99¢^{ea}
Snowtime Ice Pop 8 pcs 18.9 loz

REG. \$3.99
\$2.99^{ea}
Cracker Jack Original 8.5 oz

REG. \$6.99
\$2.99^{ea}
Wild Harvest Pomegranate Juice 32 loz

ASIAN GROCERY

REG. \$5.99
\$4.99^{ea}
Lee Kum Kee Sriracha Mayo 15 Loz

REG. \$9.99
\$7.99^{ea}
ABC Jelly Straws 31.7 oz

REG. \$3.49
\$2.99^{ea}
Dried Taro Leaves 3.5 - 4 oz

REG. \$5.69
\$4.99^{ea}
Reno Liver Spread 9 oz

REG. \$2.49 ea, \$27.99 box
\$1.99^{ea}, \$23.49^{box}
Bamboo Tree Coconut Water, Box 1 liter

EUROPEAN GROCERY

REG. \$11.99
\$9.99^{ea}
Red Label Loose Leaf Black Tea 900 gr

REG. \$6.99
\$5.99^{ea}
Dania Assorted Soft Candy 850 gr

REG. \$3.69
\$2.99^{ea}
Vera Zucchini Caviar 310 gr

REG. \$3.69
\$2.99^{ea}
Green Peas (petits pois) 24 oz

REG. \$9.99
\$6.99^{ea}
Mid East 100% Honey Comb 400 gr

KOREAN/JAPANESE GROCERY

REG. \$12.99
\$6.99^{ea}
Premium Sushi Rice 4.4 lbs

REG. \$3.49
\$1.99^{ea}
Milky Chu Chu Bar 2 kinds 28.07 oz

REG. \$5.99
\$2.99^{ea}
Jin Ramen Mild & Spicy 4 x 120 g

REG. \$4.99
\$1.99^{ea}
Corn Silk & Mens Tea 1.5 liters

REG. \$5.99
\$4.99^{ea}
Rice Snack Milk Classic 240 g

REG. \$4.49
\$2.49^{ea}
Kabuto Red Bean Paste 2 kinds 475 g

REG. \$5.49
\$3.99^{ea}
Penguin Sassy Mackerel 400 g

REG. \$2.29
99¢^{ea}
Lotte Canata Coffee 3 kinds 275 ml

REG. \$10.99
\$7.99^{ea}
Pure Perilla Seeds Oil 320 ml

REG. \$4.49
\$1.49^{ea}
Sweet Almond Tondalik 100 g

REG. \$4.49
\$2.49^{ea}
Seaweed 3 kinds 40 g

REG. \$4.49
\$3.99^{ea}
Shirakiku Tonkatsu & Sushi Sauce 510 g

REG. \$24.49
\$15.99^{ea}
Kadoya Roasted Sesame Oil 56 oz

HOUSEWARES

REG. \$7.99
\$5.99^{ea}
Bigen Speedy Hair Color (Refill Only)

\$39.99^{ea}

\$49.99^{ea}

MADE IN KOREA
\$14.99^{ea}

\$54.99^{ea}

\$59.99^{ea}

\$2.99^{ea}

\$3.99^{ea}

FROZEN & FISH DEPT

REG. \$5.99/ea
\$3.99^{ea}

REG. \$10.99 LB
\$12.09^{lb}

REG. \$19.99 LB
\$6.19^{lb}

REG. \$9.00 LB
\$8.09^{lb}

REG. \$7.39 LB
\$6.39^{lb}

EUROPEAN DELI

REG. \$10.99 LB
\$12.09^{lb}

REG. \$19.99 LB
\$6.19^{lb}

REG. \$9.00 LB
\$8.09^{lb}

REG. \$7.39 LB
\$6.39^{lb}

Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 09 - OCTOBER 15, 2024.

Clarksburg Branch Trail Project Riding Along as Planned

By Angela Underwood

WEST SACRAMENTO, CA (MPG) - The Clarksburg Branch Line Trail is all over the map on local, regional and state planning sketches.

West Sacramento Mayor Martha Guerrero pulled the item from the Sept. 18 meeting consent agenda to discuss the project progress, also detailed in a staff report.

In June, the City of West Sacramento awarded Mark Thomas & Company, Inc. almost \$1.9 million in grant funding from the Sacramento Area Council of Governments (SACOG). The Delta Protection Commission gave \$75,000 to the project and another \$143,000 was used from the Measure E fund.

In August, officials gave final approval for the overall \$2,177,877 for the extension of the city-owned trails' right-of-way from the Barge Canal locks to Pumphouse Road.

The almost \$1.9 million SACOG funding covered the preliminary and final engineering plans and the environmental exemption documentation for trail portions from the south city limit to Willow Point Road.

A 10% contingency of nearly \$199,000 was also allocated for unexpected complications.

However, on Sept. 18, staff reported a monetary shortfall in the project and followed it with an answer: transfer \$248,761 to the one-time General Fund budget.

While officials did not mention the monetary change, Guerrero had something to say about the project.

"I wanted to make sure the community was aware we are in the process and the timeline for the construction," Guerrero said of the trail, of which 95% is city and county-owned, with a slight location on private property.

The mayor noted her trouble accessing a QR code for the trail, asking associate transportation planner Steven Rosen to look into the issue and suggesting an even more precise map.

The staff report thoroughly details the project and cites the transportation app "Strava" to stress the importance of completing the trail.

According to the app, Baby Boomers' median bicycle trip distance is 20.9 miles, and 14 miles for Gen Z riders.

Furthermore, the staff notes that with "approximately 13.75 miles to downtown Sacramento and approximately 11 miles to central West Sacramento, the ride is accessible to strong bicyclists and to the growing number who use e-bikes."

"People are going to be jumping on their bikes, and when they see that map, they will learn about the other trails throughout



West Sacramento officials approved a transfer of almost a quarter million dollars to complete the Clarksburg Branch Line Trail, which was made possible with nearly \$1.9 million in grant funding. Photo courtesy of the City of West Sacramento

the city," Mayor Guerrero said of the trail projected to replace approximately 20,050 motor vehicle trips with bike rides, eliminate more than 439,000 vehicle miles traveled and save more than 19,000 gallons of gasoline.

"I am really looking forward to seeing the completion," the mayor said. ★

Stay Current on Your Vaccines This Fall

California Department of Public Health News Release

SACRAMENTO, CA (MPG) - Limiting the spread of respiratory viruses helps everyone, especially vulnerable members of our community such as children, older adults and those who are immunocompromised.

The California Department of Public Health (CDPH) is encouraging all Californians to get vaccinated this season to protect themselves and their loved ones from respiratory viruses. Respiratory infections, such as flu, COVID-19 and Respiratory Syncytial Virus (RSV), are common during the fall and winter seasons, and getting immunized against these diseases has been proven safe and effective in preventing serious illness and death in children and adults.

"It's time to start preparing for the fall and winter virus season, and that means getting immunized against flu, COVID-19 and RSV," said Dr. Tomás J. Aragón, California Department of Public Health Director and State Public Health Officer. "Taking this step means fewer sick days and more time with your loved ones. We are stronger when we are all protected against respiratory diseases."

Recommended Vaccines

Updated 2024-2025 flu and COVID-19 vaccines are recommended for everyone 6 months and older. RSV immunizations are

recommended for eligible pregnant people, older adults, infants and toddlers. As always, talk to your healthcare provider about which vaccines are right for you and your family.

Flu: Everyone 6 months and older should get vaccinated against the flu annually, ideally before the end of October.

COVID-19: The updated 2024-2025 COVID-19 vaccine will be increasingly available throughout California beginning in September for everyone 6 months and older.

The updated vaccine is expected to protect against circulating variants throughout the winter.

RSV: RSV most often spreads between October through March. The following groups should get immunized: Adults aged 75 and older; and adults aged 60-74 at increased risk; Pregnant people who are 32 to 36 weeks pregnant from September through January; Babies younger than 8 months and children 8 to 19 months old who are at high risk for severe RSV.

The RSV vaccine is not currently an annual vaccine, so adults who have already received a dose do not need another dose.

Scheduling

Flu, COVID-19 and RSV vaccines can all be administered during the same visit. Schedule a vaccine appointment by visiting MyTurn.ca.gov or contacting your

local pharmacy or health care provider.

Cost

Flu, COVID-19, and RSV vaccines will be covered for most people through their health insurance plans, including Medi-Cal and regular health care providers. Those having difficulty obtaining vaccines can contact their health care provider or local health department for help finding a place to get immunized.

Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost to children (18 and younger) who might not otherwise be vaccinated because of an inability to pay. Contact your doctor to learn if they are enrolled in Vaccines For Children or visit MyTurn to find a location based on your eligibility.

Additional Layers of Virus Prevention

In addition to vaccines, people can follow simple actions to prevent viruses from spreading.

Stay home when sick: Staying home when you're sick prevents the spread of flu, COVID-19, RSV and even the common cold.

Test and treat: Test for COVID-19 and flu if you have symptoms (like fever, chills, runny nose, cough, sore throat, loss of taste or smell, stomach issues). If you test positive, contact your health care

provider, and ask about prescription medications, which work best when started right after symptoms begin. Learn more about treatments for both COVID-19 and flu.

Wear a high-quality mask in indoor public places: Wearing a high-quality mask (N95, KN95) significantly reduces the spread of respiratory viruses, especially in crowded or poorly ventilated spaces.

Wash hands: Wash hands throughout the day with soap and warm water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

Cover coughs and sneezes: Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of viruses. Wash or sanitize your hands and dispose of your tissue after.

Ventilate indoor spaces: Good ventilation helps reduce the spread of viruses. If it is safe to do so, open doors and windows as much as possible to bring in fresh outdoor air. This can help keep virus particles from building up indoors.

Get more information about respiratory virus prevention by visiting the California Department of Public Health Respiratory Viruses webpage at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Respiratory-Viruses/Home.aspx#msdyntrid=bQWVA9MeY1r5hUg-ZBmjZ3UxpW75MmJi36BpSkGZcIs4>. ★

Senior Homecare
By Angels®



916.971.9333
www.VisitingAngels.com/Sacramento

Errands • Shopping
Light Housekeeping • Meal Preparation
Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-in Care

America's Choice in Homecare.
VisitingAngels®
LIVING ASSISTANCE SERVICES

Each Visiting Angels agency is independently owned and operated. Lic# 344700003



**PAYROLL and
HR Support
\$299 a month**

Only available for businesses with up to 10 employees

PINNACLE
EMPLOYEE SERVICES
HR | Payroll | Benefits

Direct Deposit
Quarterly Taxes Filing
Payroll Taxes Pay
Accrual Tracking
Filing and Reporting
Payroll App
HR Compliance

916-760-7227

Thank

A Veteran Today

YOUR HOME IMPROVEMENT GUIDE



Call a sales representative today for great advertising rates: 916.429.9901



LYTLE CONSTRUCTION INC.

Remodeling and Design
LIC# 480492

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

• Additions
• Kitchens
• Bathrooms
• Custom Cabinetry

FREE Consultation
916-422-6639

Summer Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- PRESSURE WASHING

Pressure wash your driveways clean! Your decks, too!
Clean out your garage! Replace that old lawn!
Hard work—not a problem!

SPECIALS FOR SENIORS*/SERVING THE AREA SINCE 1996*

Call LESTER
(916) 838-1247

Lic#128758/Ref



Prime Quality Maintenance

- GUTTER CLEANING
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Junk Removal/Hauling
- Landscape Maintenance

Free Estimates
Licensed & Insured

ACRESIDE BUSINESS


CSL# 996271

Call or Text Jesse: 916 417-4231



Creature Catchers Wildlife Management

"If it walks, crawls, slithers or flies, we'll remove it"



Humane and non-toxic solutions for both animals & man

Live Trapping • Humane Removal • Repair

Dead Animal Location/Removal • Exclusion Work

Bats • Snakes • Rats/Mice • Squirrels • Raccoon • Skunk

Opossum • Birds

CreatureCatchers.org | 530-885-PEST(7378)

California State Trapping License #7781 - Insured by Market



NIETO'S

TILE & LANDSCAPING

RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting

Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

Cell: 213-3740
Neil McIntire — C.S.L.# 394307

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

Licence #683668

FREEDOM HANDYMAN SERVICE

I specialize in all areas of home improvement !
Quality work the first time, guaranteed!

Co2 & Smoke Alarms - Light Bulb Replacement - Door Bells
Grab Bar Instalations - Security Doors - Sprinkler Repair & New Valves
Carpentry Electrical - Plumbing - Sheetrock - Ceiling Fan Installation

Fix leaks of all types

Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL! Call Eric (916) 470-3488

FUGINA CONSTRUCTION

CUSTOM DESIGNED FOR YOUR SPACE

Design/Build
From entire home remodels,
to baths & kitchens
35 Years of Experience

Lic#858643

Start Planning Now
Free Consultation

KFUGINACONSTRUCTION@GMAIL.COM

WWW.FUGINACONSTRUCTION.COM

Patch Masters Drywall

Acoustic Removal & Drywall Textures

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation

- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited

Mike Church (916) 847-7783
Owner PatchMastersDrywall@yahoo.com
CA Lic# 1004984
Bonded & Insured www.DrywallPatchMasters.com

SOVEREIGN PAINTING

916-422-4416

Specializing in Older Homes

Dan Sovereign SovereignPaintingCo.com

FOR 3 GENERATIONS CA LIC # 484215

SMOOT LANDSCAPING

LANDSCAPES & DESIGN

DESIGN - RENOVATION - WATER FEATURE - STONE & CONCRETE - OUTDOOR LIGHTING - IRRIGATION SYSTEM

916-454-1300

www.SmootLandscaping.com

Lic#633224; Serving Sacramento since 1982
Recognized in the Sacramento Bee,
Street of Dreams & Garden Tours of East Sacramento

Grow your business in our Home Improvement Guide!

Call (916) 773-1111 to advertise with us today!





WE GIVE YOU CASH FOR YOUR DIABETIC TEST STRIPS

CONTACT
916 505-4673

we come to you

We pickup in 1 hour or less

We buy other items

We pay the most!

WE PICK UP AND PAY YOU CASH ON THE SPOT

CASH for Diabetic Supplies



Serving our local communities for over 65 years

HOME EQUITY

Line of Credit Loan

6.75%

Initial APR

5 Year FIXED RATE

CHECK THE EL DORADO ADVANTAGE:

- ✓ FIXED RATE for 5 Years
- ✓ Local Processing & Servicing
- ✓ No Closing Cost on Qualifying Transactions; Except for Appraisal/Evaluation Costs
- ✓ Have Funds Available for Current and Future Needs
- ✓ Home Improvement, Debt Consolidation, College Tuition
- ✓ Interest May be Tax Deductible (Please consult your tax advisor)



EL DORADO SAVINGS BANK

Serving our local communities for over 65 Years

www.eldoradosavingsbank.com
800-874-9779

CARMICHAEL
4701 Manzanita Ave.
916-481-0664

Se Habla Español

The initial Annual Percentage Rate (APR) is currently 6.75% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for repayment period is 7.25%. The maximum APR that can apply any time during your HELOC is 15%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$200,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$300,000, have a total maximum Loan to Value (LTV) of 65% and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal or property evaluation. This cost will be disclosed in your commitment letter and paid at loan closing. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$525 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$85 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

Do You Need Your Legal Ads Published?


We can help.

Call us now to place your legal advertising!

916-773-1111

All legal ads published by Messenger Publishing Group.





Publisher,
Paul V. Scholl

Arden Arcade News is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email to:
Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Arden Arcade News

Serving Arden Arcade and Sacramento County since 1993




It is the intent of the Arden Arcade News to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Arden Arcade News is not responsible for unsolicited manuscripts or materials. The entire contents of the Arden Arcade News are copyrighted. Ownership of all advertising created and/or composed by the MPG is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Arden Arcade News, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608.

The Arden Arcade News is published monthly. Call (916) 773-1111 for more information.
Call Linda Pohl for advertising or other inquiries at 916-429-9901.

We are proud members of these newspaper associations.



Don't Talk About God Behind His Back

Last Sunday, I admitted to my Nevada City congregation that I sometimes feel like the man who had had enough with life's difficulties, so he went to live in a monastery.

The abbot restricted the man's spoken words to only two words every year.

After his first year, he reported to the abbot to share his first two words: "Bed hard."

On his second annual opportunity, he pronounced, "Food bad."

Finally, on his third year, he came to the abbot's office to proclaim, "I quit."

"I'm not surprised," said the abbot. "You've done nothing but complain since the day you arrived."

Well, I don't want you to think I complain too much, but I once spent a few days fretting over lost keys, car repairs and my daughter's somewhat risky international travel to Honduras.

On those occasions,



BY NORRIS BURKES

"Mrs. Chaplain," (that's what I call her when she's not around) asked, "Have you prayed about it?"

"At this point," I said, "honestly, my prayers would sound more like complaining."

"What's wrong with that?" she asked.

I took a few minutes to think about her challenge when I remembered a guy who did a fair bit of complaining himself: Moses.

You remember Moses. He's the one who bugged, literally bugged, the Egyptian Pharaoh to free the Jewish people from slavery. Once the people were liberated, Moses ran

his egress route through the oppressive heat of the Sinai Desert.

The people quickly forgot their wonderful freedom and started whining about the lack of good Chinese takeout. (OK, maybe they weren't that picky, but they were a bit famished. Read the complete story in Numbers 11.)

So Moses, also resenting his situation, asked God, "Why are you treating me this way? What did I ever do to deserve this? Where am I supposed to get meat for all these people?"

He continued. "If this is how you intend to treat me, do me a favor and kill me. I've had enough."

Just an observation here: I don't recommend daring God to kill you; it's not a prayer for the faint of heart.

Nevertheless, God threw down a challenge of his own and said to Moses,

"Gather together 70 men from among the leaders of Israel, men whom you know to be respected and responsible ... (and) you won't have to carry the whole thing alone."

In the end, Moses wasn't struck dead for his audacious request. Quite the opposite. God answered the prayer – providing a little help from Moses' friends.

Now, I don't pretend to know how prayer works, but I think Moses' prayer was effective for two reasons.

First, the prayer was simple and direct.

It wasn't a flowery prayer packed with analogies, metaphors or obtuse tangents.

God likes direct words. (He also dislikes dictionary words like "obtuse.")

Whenever I encounter someone complaining about their raw deal, I've always told them: Stop

gossiping about God. Talk to God directly, not behind his back.

Go right up to God (wherever you talk to God) and say, "Hey, God! My life stinks!"

Then turn it into the prayers Anne Lamott describes in her book, "Traveling Mercies."

"Here are the two best prayers I know: 'Help me, help me, help me' and 'Thank you, thank you, thank you.'"

Moses' simple prayer worked because God heard the heart of the prayer: honesty.

In the midst of the gripping, God heard a confession known by anyone in a 12-step recovery process.

It's a prayer that has various wordings, but the gist is, "I'm powerless to do anything by myself. I need help."

It was the same kind of prayer my wife was

challenging me to pray.

A little later, she asked, "Find your keys yet?"

"No, but I think God's given me a plan to find them."

"Really?"

"Yeah. How do you feel about having 70 readers come over and help me look for my keys?"

"Really? After 23 years of column writing, do you still claim to have at least 70 readers?"

I think I'll start calling her "Mrs. Moses."

Just not to her face.

All of my books are available on my website or by sending a check for \$20 (per book) to 10566 Combie Rd. Suite 6643 Auburn, CA 95602.

Email comments to comment@thechaplain.net or by text or voicemail to (843) 608-9715. See past columns and other books at website www.thechaplain.net.

★

Kings Korner

By V.G. Harris



The wait is finally over and once again a frenetic group of nearly 20,000 fans will hear the introduction, "and now running the point for the Sacramento Kings from the Kentucky Wildcats, De'Aaron Fox!"

On Wednesday night for the very first time Sacramento fans will hear the introduction of newcomer DeMar DeRozan out of the University of Southern California. DeRozan, like many of his comrade's, chose to bolt to the NBA after just one year in college, and the ninth overall pick in the 2009 draft has been an overwhelming success ever since.

Drafted by the Toronto Raptors, DeRozan spent nine years in Canada before a short stint in San Antonio, and then on to Chicago. Traded for Kawhi Leonard, DeRozan had to watch from San Antonio as the Raptors captured the NBA title in 2019.

Many pundits were wildly surprised that of all the destinations and the high interest in his service, DeRozan chose Sacramento as his next home. Since then, he has said all the right things, and like many NBA fans, I believe he will fit in extremely well alongside De'Aaron Fox and Domantas Sabonis. Great players are replete, but great people and great players are a scarce commodity. Mr. DeRozan brings both qualities to a team that is replete with team chemistry, and like most Kings fans, I want to see what Monte McNair's stand-out acquisition can do.

It is entirely possible that Kings fans may have to be patient while the big three learn to play alongside one another, but I firmly believe that this six-time all-star will make the transition quickly.

Able to play guard or small forward, much has been reported about the uptick we are likely to see with regards to better looks for Fox, Sabonis, and three-point shooter Keegan Murray.

Lost to some degree in all the uproar of the signing of DeRozan, is how third year hoopster Murray will use DeRozan's talents to get better looks, and more opportunities to drive the lane.

I was impressed with Keegan's introduction of a true mid-range game last

season, and along with some notable shooting inside the three-point line, like former teammate Harrison Barnes, Murray became a threat driving to the basket.

The combination of Murray's three-point shooting, mid-range game, and ability to go to the hole, will have a positive impact on DeRozan as well, and I expect to see this career 21 points per game player, potentially pad that number in the upcoming season.

Not to be overshadowed, Domantas Sabonis could elevate his game even more with the myriad of scoring ability around him, and a return to the high octane offense that led the NBA two years ago may well be in the offing.

It remains to be seen what the loss of defensive minded Jordi Fernandez will do to the Kings, and assistant head coach Jay Triano will have big shoes to fill.

Fitting that Sacramento's first opponent of the preseason will be archival, The Golden State Warriors, and like the Kings, the Warriors will bring a vaunted offensive into Golden One.

Notably missing Wednesday night will be perennial three-point shooter and other half of the splash brothers, Klay Thompson, who has now donned royal blue colors of the Dallas Mavericks.

Joining all-stars Luka Doncic and Kyrie Irving, Thompson hopes to reignite a career that took a two-and-a-half-year hiatus after suffering back-to-back injuries to his ACL and Achilles.

It's important to note that Thompson helped the Warriors to an NBA title in his comeback season of 2022, but the past two years have seen Klay a step slower, and his offense not as reliable as it once was. At age 34 the 6'6" Thompson may still have more in the tank, but we won't witness that until the Mavericks come to town on Dec. 30.

Hitch up your britches Kings fans. We are in for a different look than perhaps this team has ever presented, and it's going to be a fun ride.

May the Beam shine brighter than ever!

Your thoughts are always welcome at vgharriskingsfan@gmail.com.

ABOUT TOWN

Wine Stroll Oct. 12 Benefits Holy Cross

The Wine Stroll is back! Come join us for an evening of wine tasting featuring local wineries all in one location under our beautiful outdoor pavilion. Enjoy hors d'oeuvres as you sample wines from several local regions.

The fundraiser is from 5 to 8 p.m. Saturday, Oct. 12 at Elevation of the Holy Cross Orthodox Church 9000 Jackson Rd., Sacramento, 95826.

Tickets are \$45 pre-sale and \$50 at the door. Proceeds benefit the Building Fund to help build our future house of worship.

Email holycross.oca@gmail.com or contact Claudia at 916-704-0264 to purchase tickets.

Elks 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 and Thursday 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, Multiple days each week.Noon Monday, 3:30 p.m. Wednesday

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 elks6.net for weekly menu.

Sactown Swing: lessons 7 p.m.; swing social 8 p.m.

Karaoke: 7 p.m. Thursdays and Saturdays

Friday Happy Hour, Friday 4-7 pm

Sacramento Area Museums Offer Plenty of Experiences

The Greater Sacramento region is rich with museums and popular destinations that offer plenty of must-see and must-do experiences to explore.

The community is encouraged to show support for local museums by making plans to visit favorite locations (or discovering new ones).

A sampling of must-see and must-do experiences and special activations offered by local museums include the following:

California Automobile Museum – Take a ride in a museum car during Sunday Drives, the third Sunday of every month,. With paid museum admission, take a ride from 10 a.m. to 2 p.m. Details at calautomuseum.org/

California Museum – ¡Pleibol! In the Barrios and the Big Leagues, Oct. 26-Jan. 25, 2025: This Smithsonian Institution traveling exhibition takes audiences on a journey into the heart of American

baseball to understand how generations of Latinas/os have helped make the game what it is today. Details at californiamuseum.org.

California State Railroad Museum & Foundation – The California State Railroad Museum & Foundation are proud to offer the Polar Express Train Ride – Enjoy this magical family event! The evening begins in our passenger station where you will be entertained by Polar Express characters, and then board your train to the North Pole where you will enjoy hot chocolate and a sweet treat courtesy of our hot chocolate chefs.

Once you reach the North Pole, the jolly old elf — Santa himself — will come on board to give each passenger the first gift of Christmas, a silver sleigh bell.

For more details and/or to book a train ride, please visit www.californiarailroad.museum.

Sacramento History Museum – Through Jan. 7, 2025,, the museum is proud to present a limited-time exhibition titled "America's Monsters, Superheroes and Villains: Our Culture at Play" from SuperMonsterCity. The engaging exhibition will be filled with 400+ vintage and original toys, comic books, games, posters, packaging, TV commercials, movie trailers and more. For details, visit www.SacHistoryMuseum.org.

For more information about upcoming activities offered by Sacramento area museums, visit SacMuseums.org.

Be a part of something important

Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.



Call us today at 916-773-1111

RETIRED COUPLE

HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY

Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING

Principal (818) 248-0000 Broker

WWW.VIPLAN.COM *Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217

Private Party loans generally have higher interest rates, points & fees than conventional discount loans



Kindergartners are giddy with their blankets and Beanie Babies from Sacramento Blankets for Sacramento Kids. Photo courtesy of Claire Gliddon

Sacramento Blankets for Sacramento Kids Readies for Annual Holiday Giveaway

By Claire Gliddon, Sacramento Blankets for Sacramento Kids

SACRAMENTO REGION, CA (MPG) - Got Beanie Babies? Sacramento Blankets for Sacramento Kids (SBSK) is asking for donations of new or “almost new” Beanie Babies all year long. Every September, Sacramento Blankets for Sacramento Kids picks as many of the lowest-income elementary schools they can and finds out how many kindergartners they have. Volunteers make double fleece blankets (about 40” x 60”) and a little fleece pouch with a Beanie Baby in it to go with each blanket for its Kindergarten Project. Sacramento Blankets for Sacramento Kids gives blankets and

fleece pouches to the children right before Christmas break. Some of the kindergartners live in cars or in places without heat and this is all they get for Christmas. The gifts are very popular with the teachers and the children. This is Sacramento Blankets for Sacramento Kids’ 11th year for the Kindergarten Project and the volunteers hope to continue doing it for as long as they can get Beanie Babies. In 2023, Sacramento Blankets for Sacramento Kids gave out more than 2,394 blankets and Beanie Babies for its Kindergarten Project! Sacramento Blankets for Sacramento Kids is always looking for more volunteers to make blankets year round for children in need.

Like to knit, crochet, sew, quilt, make no-sew blankets and have run out of people to make gifts for? We’re looking for you. If you would like more information about Sacramento Blankets for Sacramento Kids, go to www.sacblankets4kids.com and sign in. There is no pressure, no timelines, no meetings, just others who enjoy crocheting, knitting, quilting, sewing, making no-sew blankets and helping many children at the same time. Sacramento Blankets for Sacramento Kids is a non-profit organization that serves children in need from infants to 18-year-olds. While the volunteers help all year long, the Kindergarten Project is their “special” project of the year. ★

County Approves \$250,000 for Safety and Revitalization

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On Tuesday, Sept. 24, the Sacramento County Board of Supervisors approved the reallocation of \$250,000 in American Rescue Plan Act (ARPA) funding to the Downtown Sacramento Partnership (DSP) for downtown safety enhancements. The Downtown Sacramento Partnership is a private, non-profit property and business improvement district (PBID) dedicated to the revitalization of the central business district. This project aims to enhance public safety and support economic revitalization by providing additional security measures. “This reallocation of funds reflects our commitment to using ARPA resources strategically to address the needs of our community,” said First District Supervisor Phil Serna. “We’re focused on enhancing the economic recovery in Downtown Sacramento but also the safety for the people who live and work in the area, including our own county employees.” The reallocated funding will be transferred from various completed or underspent projects within

the county’s Economic Response and Housing and Homelessness allocations, which will be used for the following: **Intelligence Platform Integration:** the integration of existing private security systems to enhance situational awareness through live camera feeds **Public Space Ambassadors:** a full-time employee to monitor the public realm, assist visitors and liaise with law enforcement **Private Security:** contracted private security services to patrol the downtown district **Camera Trailer:** the rental of a portable security camera trailer to be deployed as needed **Equipment:** communications equipment for security personnel **Contract Management:** for external contract management costs This project will focus on the downtown core, specifically the area from 6th to 10th streets, and G to L streets, during weekday hours from 6 a.m. to 6 p.m. It will be managed by the County’s Office of Economic Development (OED) to ensure compliance with American Rescue Plan Act guidelines and reporting requirements.

Additionally, the county has already allocated \$430,000 in American Rescue Plan Act funding to Downtown Sacramento Partnership for clean and safe efforts throughout the property and business improvement district, including \$100,000 from the General Economic Response allocation and \$330,000 from District 1’s allocation. The following county properties within the Downtown Sacramento Partnership property and business improvement district are assessed annually for clean and safe efforts with a total assessment of \$111,171.08: Administration Building (700 H St.), County Main Jail (651 I St.), Main Jail Parking Lot (H Street) and the Old Administration Building (827 7th St). To learn more about the Downtown Sacramento Partnership property and business improvement district, visit their FAQ section at <https://www.downtownsac.org/about/frequently-asked-questions>. With this approval, Sacramento County continues its strategic use of American Rescue Plan Act funds, balancing the immediate needs of economic recovery with long-term investments in safety and infrastructure. ★

‘American Pickers’ to Film in California

Cineflix Productions News Release

NORTHERN CALIFORNIA (MPG) - The American Pickers are excited to return to California! They plan to film episodes of The History Channel hit television series throughout your area in November 2024. “American Pickers” is a documentary series that explores the fascinating world of antique “picking” on The History Channel. The hit show follows skilled pickers in the business as they hunt for America’s most valuable antiques. They are always excited to find historically significant or rare items in addition to unforgettable characters and their collections. As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with amazing stories and fun items. They hope to give historically significant

objects a new lease on life while learning a thing or two about America’s past along the way. The Pickers have seen a lot of rusty gold over the years and are always looking to discover something they’ve never seen before. They are ready to find extraordinary items and hear fascinating tales about them. The American Pickers TV show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a unique item, story to tell, and is ready to sell ... we would love to hear from you! Please note, the Pickers DO NOT pick stores, flea markets, malls, auction businesses, museums or anything open to the public. If interested, please send us your name, phone number, location and description of the collection with photos to: americanpickers@cineflix.com or call (646)-493-2184. Facebook: @GotAPick. ★



“American Pickers” follows skilled pickers as they hunt for America’s treasures. Photo courtesy of Cineflix Productions

New Resources Help Promote Teacher Prep Programs

California Commission on Teacher Credentialing News Release

SACRAMENTO, CA (MPG) -The State Collaborative for California’s Educator Workforce has released a new suite of tools to make high quality teacher preparation programs more accessible and affordable to prospective teachers across the state. California faces persistent teacher shortages that force many districts to hire substitutes or teachers who have not completed a preparation program. These shortages are greatest for early childhood educators as well as those who specialize in teaching students with disabilities and who are multi-language learners. Despite the state’s unprecedented investments to strengthen the teacher pipeline, high quality preparation programs are often inaccessible or unaffordable for many prospective teachers. To address this challenge, education leaders from state agencies, public, and private teacher preparation programs developed a suite of resources to help prospective teachers identify preparation pathways that best meet their needs given their individual experience and education, as well as guidance on available financial

resources to make preparation affordable. “All students need and deserve well-prepared, credentialed teachers. This resource toolkit will help California attract, grow, and retain the number of talented teachers needed to educate the next generation,” said Mary Vixie Sandy, Collaborative lead and executive director of the California Commission on Teacher Credentialing along with Commission Chair Marquita Grenot-Scheyer. The toolkit, available on the Commission on Teacher Credentialing’s Roadmap to Teaching website, features: Funding Your Future in Teaching, which offers financial planning steps for every aspiring educator along with sample funding packages for those considering a California-based teacher residency program; and A Teacher Candidate Funding Explorer database of resources to help prospective teachers offset the cost of earning a teaching credential. In addition, the site includes a set of similar resources for teacher preparation program leaders that provide guidance on funding programs that pay teacher candidates a living wage while they earn their credential. The resources include: A Teacher Preparation Program Funding

Explorer, a searchable database of federal and state funding sources that can be used to improve teacher preparation programs; and A series of Teacher Residency Program Funding Scenarios that describe strategies for combining funding to develop and sustain a teacher residency program. “Teacher preparation programs are available and can be affordable, but too many prospective teachers are unaware of the pathways available into teacher education. We have come together to increase awareness of those pathways and to give teacher candidates the information they need to select the pathway that’s best for them,” said commissioners and higher education representatives, Annamarie Francois, University of California, Shireen Pavri, California State University, and Kimberly White-Smith, Association of Independent California Colleges and Universities. A new state law allows for individuals who hold a qualifying bachelor’s degree or higher in any subject to be considered for admission to most teacher preparation programs. “Teacher shortages are a nationwide issue that must be addressed by tackling barriers to equitable access and the

affordability of teacher preparation programs,” said Daisy Gonzales, executive director of the California Student Aid Commission. “These new tools will not only help prospective teachers identify high-quality teacher preparation programs, but also allow them and higher education institutions to participate in designing regional educational pathways to meet California’s urgent need for teachers.” The resources were created through the State Educator Workforce Collaborative – a collaboration between state agencies and teacher preparation programs including the Commission on Teacher Credentialing, California State Board of Education, California Department of Education, California Student Aid Commission, California State University Chancellor’s Office, University of California Office of the President, California Community College Chancellor’s Office, Association of Independent California Colleges and Universities, and Department of Finance and Office of the Governor – with research and support from WestEd. For more information on the program visit the Commission on Teacher Credentialing at www.ctc.ca.gov/credentials/roadmap-to-teaching/financial-resources-for-teacher-candidates. ★

Sheriff's Community Meetings Oct. 15-24

Office of District 3 Supervisor Rich Desmond News Release

SACRAMENTO, CA (MPG) - The Sacramento Sheriff's Department, North Division, is hosting a series of community meetings.

This is a great opportunity to have your concerns

addressed in person.

There will also be representatives from the District Attorney's Office, CHP and Code Enforcement.

The dates and times are as follows:

Arden-Arcade

The meeting for the Arden-Arcade area will take place at 6 p.m.

Tuesday, Oct. 15 at Country Club Lanes, 2600 Watt Ave, Sacramento.

Carmichael, Fair Oaks, Old Foothill Farms

The meeting for the Carmichael, Fair Oaks and Foothill Farms area will be held at 6 p.m. on Wednesday, Oct. 16

at the Sheriff's Office Community Room, 4510 Orange Grove, Sacramento.

Orangevale

The Orangevale area meeting will be held at 6 p.m. Wednesday, Oct. 23 at Divine Catholic Church, 9079 Greenback Lane, Orangevale.

North Highlands, New Foothill Farms, Antelope

The meeting for the North Highlands, Foothill Farms and Antelope areas will take place at 6 p.m. Thursday, Oct. 24 at Family Community Church, 6331 Watt Ave, North Highlands.

The North Division provides law enforcement services to the northern portion of Sacramento County and serves Antelope, Arden-Arcade, Carmichael, Elverta, Fair Oaks, Foothill Farms, McClellan Park, North Highlands, Rio Linda and Orangevale. ★

Ambulance 'Offload' Times Dropping

Continued from Page 1

celebrated the successes of the county, showed status reports and enhancements, and included presentations from regional hospital representatives who explained how they were making the changes and improvements.

According to Sacramento County public information officer Casey Camacho, Sacramento County entered 2024 with a 64-minute offload time, which was the worst in the state. Sacramento County managed to decrease that to 39 minutes halfway through September. The California Emergency Medical Services Commission received a county progress report on Sept. 19, which highlighted Sacramento County as having the most improved APOT times statewide.

The summit opened and closed with remarks from Greg Kann M.D., the Sacramento County Emergency Medical Services Agency (SCEMSA) medical director.

Kann acknowledged how the county has made a "phenomenal change" in the decrease in its offload times. He noted that the number of patients has stayed consistent, even with the changes in the way the hospitals are operating.

"Our hospital partners are doing the things they need to do," Kann said.

Beyond decreasing offload time, Kann said, Sacramento County is working to use telemedicine to "offload low acuity patient volumes," meaning telemedicine could help the less-severe medical cases, taking down the volume of ambulance offloads.

"The folks down in Elk Grove and Galt have really doubled down on their



District 5 Supervisor Pat Hume makes remarks on the progress Sacramento County has made in its ambulance patient offload time reduction.

commitment to making telemedicine work," Kann said.

Next, Sac Metro Fire EMS Director Jon Rudnicki spoke primarily about how the patient is always the priority. Rudnicki showed two videos of two different patients whose lives were saved due to the speed and timing of the process of Sacramento emergency medical services, one being a toddler who was revived.

Rudnicki ended with a challenge to his fellow emergency medical services workers: "Why would we not aim for greater? Why should we settle for the benchmark?"

Following Rudnicki were presentations from both Mercy San Juan officials and Kaiser Roseville officials, who spoke

similar steps. According to Hart, Mercy San Juan receives the most ambulances in Sacramento County, so it was a large effort to bring ambulance patient offload time down.

"Everyone is aligned and invested in this," Hart said.

District 5 Supervisor Pat Hume briefly spoke about the progress that the county is making and applauded the dramatic change in ambulance patient offload time.

"The energy in this room is palpable compared to where we were in February," Hume said, stressing the "magnitude, the importance, the impact" of what emergency medical services workers are doing.

Next, Sacramento State assistant professor Dale Ainsworth, Ph.D, gave insight into how changes in processes, especially in an organization, can be difficult and gave tips on how to make them "stick."

Sacramento County Behavioral Health Director Ryan Quist touched on more changes the county is facing regarding Senate Bill 43, which changes who can be on involuntary hold in an emergency room, another factor in determining ambulance patient offload time.

Ending the summit were speakers from the Growth Factory, an innovation team helping Sacramento County find creative ways to make changes to ambulance patient offload time. Monique Brown of the Growth Factory said they are working on a database called At Orchid, which will boost hospitals' ability to track data and timing of emergency room patients.

Kann reiterated a final point: "patient safety is our Number One priority."

For more information about the Sacramento County Department of Emergency Medical Services Agency, visit <https://dhs.saccounty.gov/pub/ems/Pages/EMS-Home.aspx>. ★



Here is an architectural rendering of the future Terminal B parking garage as seen from street level. Photos courtesy of Sacramento County Department of Airports

Changes Coming to SMF Airport

Continued from page 1

generate 1,000 jobs during its construction phase and will utilize labor under a Community Workforce Training Agreement, creating opportunities for the local workforce.

Sacramento International Airport visitors have recently become accustomed to the airport's existing parking lots and parking garages near the terminals being full during busy travel periods, leaving travelers few options except to utilize the remote long-term parking lots and ride the shuttle to the terminals.

The new parking garage, when completed, will be a great asset to Sacramento travelers. In the meantime,



Here is an architectural rendering of the future Terminal B parking garage as seen from overhead.

the hourly lot closure will put additional pressure on the other airport parking lots during the new garage's construction.

Sacramento International Airport's senior public information officer Scott Johnston provided this guidance, "Travelers are encouraged to check parking availability and track shuttles in real-time before arriving at the airport. We also recommend arriving two-and-a-half hours before a flight and using rideshare options instead

of driving."

"SMF is seeing an average of one million passengers per month and is expected to surpass 13 million in 2024, which would be a record-breaking year for the airport." Johnston added explaining the need for the expanded parking facilities.

For more information on parking at Sacramento International Airport, visit the Sacramento County website at www.sacramento.aero/smf/to-and-from/parking. ★

meals on wheels by acc



MEALS on WHEELS SACRAMENTO COUNTY



We are Open!

Community Cafe: Hagginwood Community Center
3271 Marysville Blvd Sacramento, 95815

Enjoy a hot meal @ 11:30 am Mon-Fri

There's no cost to eligible program participants.

A voluntary contribution is welcomed to support the program.

Eligibility:

- 60 years or better
- Spouse of an eligible, enrolled participant under the age of 60

Call ahead to reserve your meal! →



(916) 808-6439

 @mowsac



Visit www.mowsac.org to find other MoW Community Cafes near you



Discover a lively community, *savor* refined-restaurant style meals and *engage* in lifelong learning tailored for you.

Our vibrant Life Plan Community and resident-driven culture empower you to continue enjoying an active, independent lifestyle, with a wide range of amenities and a full spectrum of supportive services to meet your changing needs throughout the journey of life.

Schedule your personalized tour today!
916-900-1221 • eskaton.org/evc

Life Plan Community / CCRC • Independent Living • Assisted Living
Memory Care • Rehabilitation • Skilled Nursing

Who You Work With Matters



Nick Sadek Sotheby’s International Realty is thrilled to welcome Augustine and Associates, Arden Arcade's trusted real estate experts. As part of Sotheby’s International Realty, a globally renowned brand with a legacy of luxury and excellence, we bring unmatched marketing reach and world-class service to every transaction. With over two decades of experience, Augustine and Associates combine local knowledge and Sotheby’s International Realty’s global connections to ensure a seamless buying and/or selling experience. From Arden Park to the surrounding areas, we make your real estate dreams a reality.

Discover the Difference!



BERNADETTE AUGUSTINE,
DRE# 01311232



KERI STERNBERG,
DRE# 01506074



MELISSA SHROUT,
DRE# 01939979



AMY ALBERGHINI,
DRE# 01996883



MELISSA HEEDE,
DRE# 01368487



CRISTINA QUIRARTE,
DRE# 02133212



SHARON SANBORN,
DRE# 01955873



\$5,200,000

630 LAUREL DRIVE, SACRAMENTO, CA 95864
PRESENTED BY: TONY ESTIGOY #02037697, TATIANA BEDOYA #02034240



\$4,500,000

COMING SOON-ARDEN OAKS, SACRAMENTO, CA 95864
PRESENTED BY: MATTHEW HINDY #01945937, TRICIA ROSSI #01449271



\$2,999,999

458 HOPKINS ROAD, SACRAMENTO, CA 95864
PRESENTED BY: ALEXA MARTINEZ #02101751



\$2,495,000

3357 SIERRA OAKS DRIVE, SACRAMENTO, CA 95864
PRESENTED BY: BERNADETTE AUGUSTINE #01311232

Give Us A Call Today! (916) 570. 2113
SACRAMENTO | 2601 Fair Oaks Blvd, Sacramento, CA 95825

CA BRE# 02015663