



East Sacramento News

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Bringing You Community News For Over 30 Years

OCTOBER 11, 2024

SEE
INSIDE

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FOR KIDS
GIVEAWAY



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IT'S GOING TO
BE A FUN RIDE



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DON'T TALK
ABOUT GOD
BEHIND HIS BACK



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Celebrating the new sign are Nick Kufasimes, left, Phil Pluckebaum, Jeff Harris, Tricia Stevens, and Chris Little.

Story and photos
by Kristina Rogers

EAST SACRAMENTO, CA (MPG) - "It was a dark and stormy night" when the Welcome to East Sacramento sign disappeared in April of this year. One of the first

residents to notice was Nick Kufasimes. Born and raised in McKinley Park, Kufasimes passed by the spot at H and Alhambra to see it was missing.

"I texted my neighbors and asked, 'Hey, we see the sign is gone. What's up?'" Kufasimes said.

He learned that it wasn't sent anywhere to be refurbished; it was stolen. Law enforcement asked around and found a nearby business with video evidence of the incident. On a rainy early morning at 4 a.m., an older Escalade drove up to the sign. Three men

in black hoodies hopped out and went to remove it and take it with them. Nobody knows why.

Kufasimes, vice-president of the East Sacramento Community Association (ESCA), mused, "It's either in
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
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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
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By Angela Underwood

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.

"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.

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



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

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Home Again: Neighbors Enjoy Community Resilience After the Storm



Tricia Stevens thanks the supporters of the new sign.

Continued from Page 1 someone’s backyard or been turned into scrap metal.”

That would be a terrible fate for such a beloved symbol of the historic neighborhood. Yet, community members got busy instead of lamenting the loss and accepting an empty brick wall.

Tricia Stevens, Lisa Schmidt and Cecily Hastings collaborated to get the word out to ask for donations and replace the missing sign. Stevens is the current East Sacramento Community Association president, while Schmidt and Hastings are co-founders of the Friends of East Sacramento. Their long-time relationship made the work happen fast. Everyone knew what to do.

Schmidt established the first Welcome to East Sacramento sign 20 years earlier. She explained community volunteers have continuously funded and

maintained the sign. The City of Sacramento has not been responsible for it, although city staff will work with community members on electrical, permits and other details.

Schmidt was shocked when she heard the news.

“When it was stolen, I was already getting emails that morning about it. People were telling me, ‘Your sign is missing.’ They called it my sign!”

Because this is a long-established community, and residents remember who had the vision for the sign in the first place.

Stevens said, “It’s incredible how quickly people responded and helped. We had over 60 donors and raised over \$6,000.”

This is not the first time someone has destroyed the little corner entrance to East Sacramento. McKinley Park has been vandalized several times with items being stolen



The East Sacramento Community Association banner stands proudly at the celebration.

consistently. Yet Sept. 18 was a moment to celebrate the new sign, connect and remind themselves of their resilience.

Janie Payne, a 45-year-resident, didn’t hesitate to help donate to the new sign. The East

Sacramento neighborhood is where she plans to “age in place.”

Payne said, “Driving past the sign meant I was home. When it went missing, that was sad. Who would steal it? It’s meant for the community, not someone’s backyard or a storage shed, for crying out loud.”

Former District 4 City Councilman Jeff Harris and newly elected District 4 City Councilman Phil Pluckebaum were also in attendance. Pluckebaum grew up in the neighborhood and understands the significance of the welcome sign.

He said, “Our community spirit is expressed through our traditions and a shared identity that fosters unity and encourages individuals to contribute to the common good. This welcome sign embodies that spirit and is an excellent reminder of our values.”



Longtime resident and donor for the new sign Janie Payne is happy to see it up.

Those values resonate in moments like these because thoughtless acts such as theft and vandalism are only temporary. East Sacramento’s neighborhood pride is a life-long commitment.

The East Sacramento Community Association is an all-volunteer board that has served the neighborhood since 1958.

Their mission is to help preserve and protect the unique character of East Sacramento. They do this by engaging in land use and development issues, which have helped shape the area into what it is today. The East Sacramento Community Association also provides informational community meetings and fun events. Finally, the neighborhood association partners with law enforcement and local representatives to ensure the quality of life remains high.

The Friends of East

Sacramento was founded in 2012. When the city looked at closing Clunie Community Center and the McKinley Rose Garden due to budget constraints, the organization stepped in. They are now the fundraising arm for these valuable resources and other maintenance and improvement projects in McKinley Park. They host home tours and work with the East Sacramento Community Association on events like Pops in the Park.

Lisa Schmidt sums things up by explaining why the sign is essential to her neighborhood. “It lets everyone know they’ve arrived at East Sac.” Which means more to her and her neighbors than words can express.

To visit the East Sacramento Community Association website, go to eastsacramento.org. To view the Friends of East Sacramento website, visit friendsofestsac.com. ★

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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](https://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 cdph.ca.gov/Programs/CID/DCDC/Pages/Respiratory-Viruses/Home.aspx#msdyntrid=bQW-VA9MeYIr5hUgZBmjZ3UxpW75MmJi36BpSk-GZcls4. ★

RESTAURANT ROW

Vince’s Ristorante: Value, Family, Italy, Community



Here is the Rossi family in 2009.



By Janice Row

Vince and Pauline Frugoli opened Vince’s Ristorante in mid-1964. They loved great food and sharing their great food and recipes with family and friends. Vince’s in West Sacramento was the first of three locations, followed by one on Folsom Boulevard in Sacramento and the third one in Elk Grove.

The West Sacramento ristorante was run by Pauline’s brother throughout the 1970s to December 2008. He was in his 70s when he turned the reins over to Robert and Peter Rossi. The Rossis and the Frugolis were friends (which means they are family). Robert worked in the Folsom location for two years in the ’80s while going to school to cook. Robert moved to the East Coast and back to the West Coast, learning to be a chef. When it was time for Pauline’s brother to retire, they asked Robert if he was interested in becoming the new owner.

Robert and his father, Peter, took ownership of this great Italian ristorante in January 2009. You would often find Peter on the piano and

singing, while Robert with his exquisite cooking skills was in the kitchen. Robert is still in the kitchen making amazing old-world Italian dishes, pizza, lasagna, gnocchi, ravioli as well as chicken, seafood and their famous steaks. Vince’s Ristorante makes their own sausage, homemade raviolis and lasagna, plus cut all their own steaks.

Whether it is lunch or dinner, the customers love the authentic Italian feel, the relaxed and family-friendly atmosphere plus the great food. The bar is a fun place, too, with more than 20 varieties of bottles and draft beers and an amazing wine list. The full bar has a fun and talented bartender.

Community is very important and Vince’s

sale on the first Saturdays and live music. Plus, there is a Comedy Night every Friday.

There will be a big 60-year celebration in October and all is welcome.

I asked Robert what he wanted people to know and he said, “that we value family, Italy and community.”

When you’re at Vince’s, you feel like family and that you’re in old world Italy.

Vince’s Ristorante is at 840 Harbor Blvd. West Sacramento. The phone number is 916-371-6395 and the website is www.vinceswestsac.com. Hours are 11 a.m. to 2 p.m. and 5 to 8 p.m. Tuesdays through Thursdays, 11 a.m. to 2 p.m. and 5 to 9 p.m. Fridays, and 4 to 8:30 p.m. (dinner only) on Saturdays. Vince’s



Sauteing to perfection is a Vince’s Ristorante given.

Ristorante supports many nonprofits, historical society and Lions Club using their banquet room, along with fundraisers.

The arts are also very important. The many events hosted at Vince’s Ristorante include karaoke on the second and fourth Thursdays, yard

Ristorante is closed Sundays and Mondays.

For your next party or business event, check out Vince’s Ristorante’s banquet information and catering.

Contact Janice Row at Janice@restaurantsrow.com or at 916-292-1314. ★



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ABOUT TOWN

Kennedy High 1969 Reunion Oct. 19
The John F. Kennedy Senior High School Class of 1969’s 55-year reunion is set for Saturday, Oct. 19 from 6 p.m. to 11 p.m. at Dante Event Center, 2330 Fair Oaks Blvd.
Registration is \$75.69; after Sept. 19, \$85.69. Includes dinner, no-host cocktails.
Questions? Text or call Ruth Trubschenk Lundsten, 916-718 -8826.

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

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. ★

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 archrival, 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.

Board Approves \$250,000 for Safety and Revitalization Plan aims to boost security for downtown workers, visitors

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 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. ★

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Ambulance ‘Offload’ Times Dropping

Continued from Page 1
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, 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 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 about effective changes they made to bring their ambulance patient offload time down.

Kimberly Adams and Chris Britton of Kaiser Roseville highlighted their strategy, which included creating an APOT task force and utilizing hospital hallways to serve patients. According to Britton, Kaiser Roseville is the second busiest emergency room in the state, and they see around 144,000 patients in a year, with 10-15,000 seen each month. Adams referred to APOT as a “team sport,” and Britton cited “such good collaboration” as one of their successes.

Amelia Hart of Mercy San Juan was inspired by what Kaiser Roseville was doing and said her team took 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.

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.

For more information, visit <https://dhs.saccounty.gov/pub/ems/Pages/EMS-Home.aspx>. ★

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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.



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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, "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 griping, 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.

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.

'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



"American Pickers" follows skilled pickers as they hunt for America's treasures. Photo courtesy of Cineflix Productions

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.




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





WE SUPPORT FIRST RESPONDERS



Sacramento Blankets for Sacramento Kids Readies for 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



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, 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. ★



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

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

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