



Land Park News

VOL 33 • ISSUE 19

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OCTOBER 11, 2024

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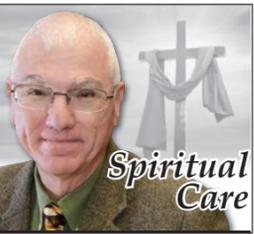
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**IT'S GOING TO
BE A FUN RIDE**



PAGE 5

**DON'T TALK
ABOUT GOD
BEHIND HIS BACK**



PAGE 11



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Parktoberfest Fundraiser was Wunderbar!



Guests celebrate Land Park's 2024 Parktoberfest. Photo by J. Cardenas

Story by Kristina
Rogers

LAND PARK, CA (MPG) - Neighbors and friends celebrated the second Annual Oktoberfest celebration at William Land Park Golf Course on Sept.

28. Guests arrived in their best Bavarian clothing, while others opted for summer attire. The Rod Stinson Band welcomed everyone to the event with live music.

The Land Park

Community Association (LPCA) sold over 400 tickets. Local businesses generously donated beverages and poured drinks for everyone. Guests enjoyed beer, wine and ciders from Nello Olivo Wines, Tank House, Oak Park

Brewing, Mattie Groves, Nitty's Cider, Crystal Basin Wineries, Riverside Clubhouse and the Walnut Room.

William Land Park Golf offered an abundance of German-style food, *Continued on Page 12*

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

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

Continued on Page 6

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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.

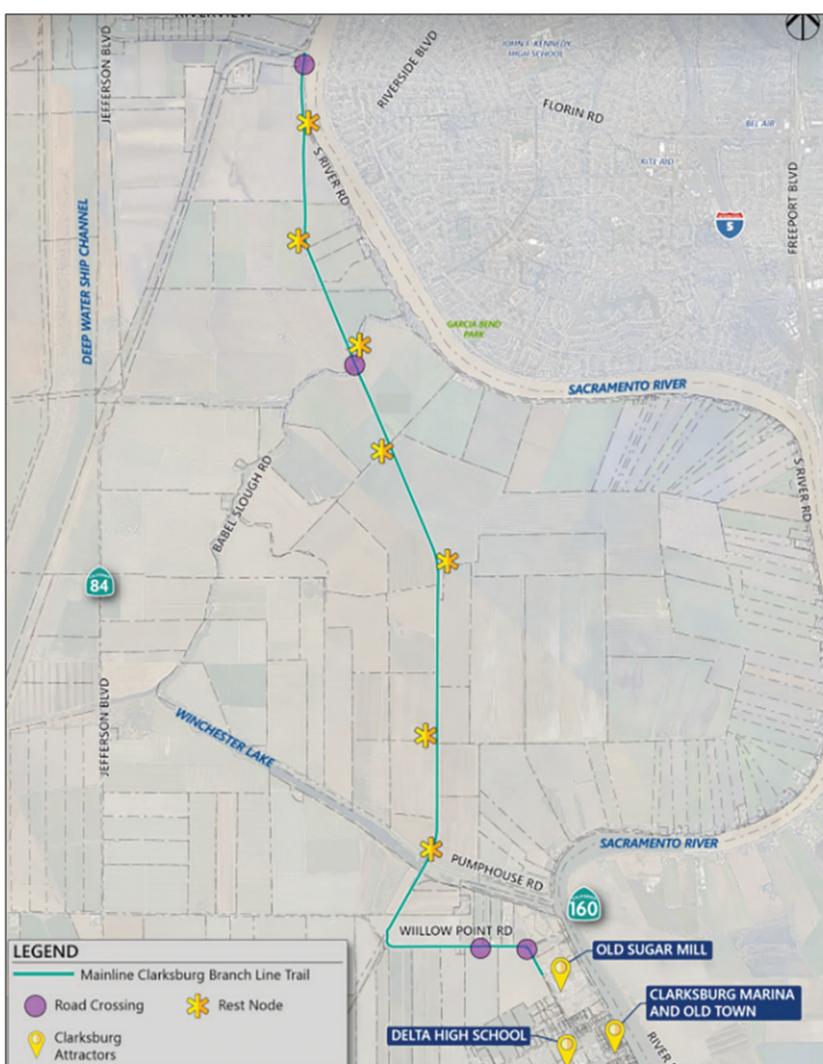
The mayor noted her trouble accessing a QR code for the trail, asking associate transportation planner Steven Rosen to look into the issue and suggesting an even more precise map.

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. ★

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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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LAND PARK

Seller believes this home was built by Squeaky Williams. This Land Park Tudor features formal entry, formal living room w/ fireplace, coved ceilings, exposed wood beams & French Doors to backyard deck. Kitchen / Gathering room combination with windows overlooking backyard. Kitchen has built-in double oven, sub-zero refrigerator, dishwasher, and gas cooktop. Downstairs den and hall bath with tiled floor and shower. Laundry room with shelving, cabinets and doors to garage and backyard. Upstairs has two bedrooms and bath. Front bedroom has walk-in closet. Primary bedroom has windows overlooking the backyard, and two walk-in closets. Upstairs bath has shower, double sinks and steps down to jetted tub with grab bars. Backyard has trek type patio with trellis and a small storage shed on the side yard. Attached two car garage and basement. 1118 Vallejo Way



LAND PARK

One of the most distinguished properties in all of Land Park! This beautiful and spacious Tudor has all the charm & artisan details of a bygone era. Located on a lg. corner lot it features an expansive front portico with two sets of French doors to living room. Spacious formal entry, magnificent living room w/cathedral ceilings, lg. brick frplce, many windows and rich in woodwork. Spacious formal dining room w/wainscoting & Dutch doors to brick patio & bkyd. Beautiful kitchen w/marble counters, custom island w/sink, dish cabinet w/leaded glass doors, pantry and eating area w/bay window. Two downstairs bdrms, one a guest bdrm w/bath. The other bdrm is set up as an office. Lg. hall bathroom featuring vintage tile. Detailed staircase leads upstairs to a large landing with storage closets. Two spacious upstairs bdrms share a bath w/shower. The oversized primary bdrm has French doors to a balcony. Primary bath has closets, tub, shower & storage. Random planked and hardwood floors throughout, laundry room w/sink, mudroom, basement, two car garage and new shake roof. Bkyd features multiple patio areas, fountain & mature landscaping. Studio apartment above garage with kitchenette and bath. 1901 11th Avenue



Teresa Olson
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Election Information

November 5, 2024 – Presidential General Election

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Nov 2 All Vote Centers open through Election Day.



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TODAY

ABOUT TOWN

Enchanting Adventures Await at Fairytale Town's Safe & Super Halloween

Fairytale Town News Release

SACRAMENTO, CA (MPG) - Children and their families are invited to Fairytale Town for its 38th annual Safe & Super Halloween on Oct. 12 and 13 and Oct. 19 and 20 from 5 to 9 p.m.

This year, the beloved park will be magically transformed into the whimsical world of Neverland for an enchanting Halloween celebration that promises fun and festivities for the entire family.

Visitors will embark on a thrilling journey through a land filled with pirates, pixies and lost boys while exploring Captain Hook's pirate ship, wandering through the mystical Mermaid Lagoon and experiencing a host of family friendly activities.

Highlights of the event include:

Trick-or-Treating: Sweet treats from various stations throughout the park, making every corner of Fairytale Town a

sweet adventure.

Magical Performances: Enchanting magic shows that will leave visitors spellbound.

Costume Parade: Families can show off their Halloween spirit in a grand parade celebrating creativity and imagination.

Creative Crafts: Aspiring young artists can explore themed crafts and unleash their artistic talents.

Pirates' Lost Treasures: Opportunities to unearth hidden treasures for a chance to win prizes.

Advance tickets are \$12 for Fairytale Town members and \$15 for non-members until Friday, Oct. 11 at 11:59 p.m. After this date, ticket prices will increase to \$18 per person.

Fairytale Town's Safe & Super Halloween is sponsored by PeopleFinders and SMUD.

For more information and to purchase tickets, visit fairytaletown.org/. ★

a.m. to 2 p.m. Details at calautomuseum.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!

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 about Sacramento-area museums, visit SacMuseums.org.

October Events at JLA Comics

Halloween Comicfest, Friday, Oct. 26-Thursdays, Oct. 31: Celebrate Halloween for a whole week at JLA Comics, 374 Florin Road. Get recommendations for spooky comics and enjoy family friendly Halloween movies.

Plus, bring your little ones in costume for free goodies, including Pokemon cards, comics, stickers and candy. Free while supplies last.

Also: Witness Frawgboy's Comic Art Magic LIVE!, Saturday, Oct. 26. Plus: Magic: The Gathering Trick or Treat! Spook-tacular, Sunday, Oct. 27. \$25 per player, limited spots available. ★

8 p.m.

Karaoke: 7 p.m. Thursdays and Saturdays
Friday Happy Hour, Friday 4-7 pm

Land Park Volunteer Corps Gardening Days

Wear your gardening gear and join LPVC at Base Camp behind Fairytale Town's parking lot. All ages welcome.

Volunteers receive free coffee and donuts in the morning. A hot lunch is served after work.

Arrive Saturday morning for the final date and time: Nov. 2, 9 a.m.

Depending on weather, dates and times may change.

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

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. ★

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=bQWVA9MeYIr5hUg-ZBmjZ3UxpW75MmJi36BpSkGZCs4>. ★

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. ★

Changes Coming to SMF Airport

Continued from page 1

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 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



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

also recommend arriving two-and-a-half hours before a flight and using

rideshare options instead of driving."

For more on parking,

visit www.sacramento.aero/smf/to-and-from/parking. ★

Sacramento Blankets for Sacramento Kids Readies for Holiday Giveaway



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

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. ★

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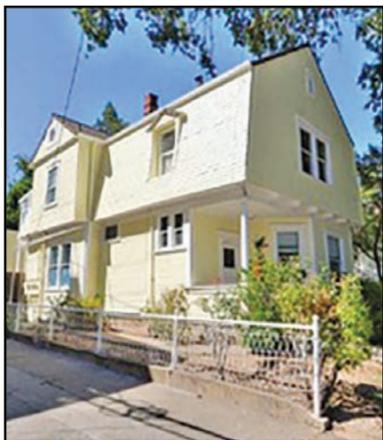
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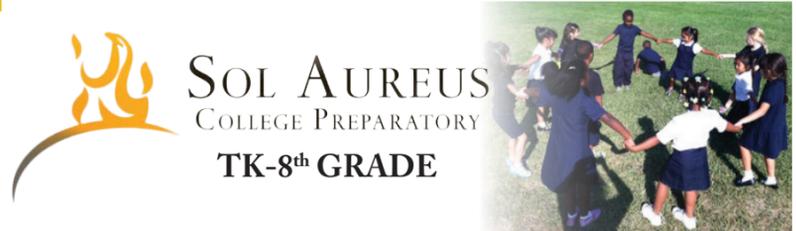
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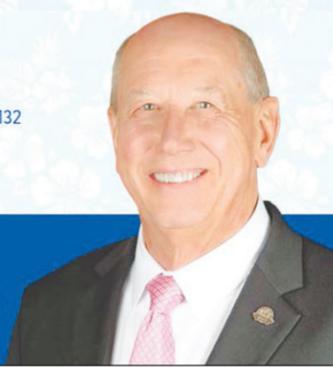
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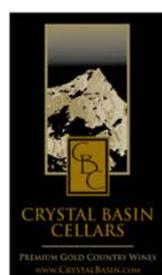
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Don't Talk About God Behind His Back



BY NORRIS BURKES

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.

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. ★

'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



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

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. ★

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Curt David, General Manager of William Land Park Golf and Monica Robinson with the Land Park Community Association enjoy the day. Photo by J. Cardenas



Parktoberfest guests enjoy the food, music and conversation. Photo by J. Cardenas



Parktoberfest revelers raise their beer in prost! Photo by Sarah Veena

Parktoberfest Fundraiser was Wunderbar!

Continued from Page 1

including pork wings with mustard, spaetzle mac and cheese, potato croquettes and a sausage slider bar. Raley's grocery store also donated charcuteries of meats, cheeses and vegetables. Freeport Bakery contributed German-style pretzels with beer cheese and offered tasty desserts such as German chocolate cake and carrot cake.

There were chances to win prizes for the enthusiastic attendants. Festively dressed guests showed off their attire to compete for the best dirndl and lederhosen, which was judged by Assemblyman Kevin McCarty, County Supervisor Patrick Kennedy and Land Park Community Association President Kris Rogers. Winners walked away with prizes donated by Green Acres, Brewbelt Brewing and Topsy Putt. At the putting green nearby, a long line of guests played to win free bottles of wine.

The Land Park Community Association's Parktoberfest was in partnership with William Land Park Golf and supported by Jamie Rich, a Land Park realtor. Monies raised will be funneled back into the community. The Land Park Community Association board supports local non-profits, public school projects and other groups doing good



Stephanie Duncan helps welcome and register guests. Photo by J. Cardenas



The Rod Stinson Band kept the happy vibes going. Photo by Sarah Veena

work for the community. The organization will also contribute to the Sacramento Children's Home in December to brighten up the kids' holidays.

The Land Park Community Association is an all-volunteer board of neighbors. The organization hosts engaging and informational community meetings. In addition, the Land Park Community Association partners with William Land Park Golf hosting free family-friendly events such as Meet Santa (Dec. 5) and Bunny-on-the-Green (date to be determined).

A few 2024 accomplishments by the Land Park Community Association include: advocating for a new four-way stop at 2nd Ave and Land Park Drive to help slow speeding. This was accomplished with District 7 City Councilman Rick

Jennings, his Chief-of-Staff Dennis Rogers and city staff; supporting a new native plant garden at Plaza Cervantez Park. A celebration of the new plaque for this garden is scheduled for Saturday, Nov. 9, at 9 a.m. and donating funds to local sports teams, such as Land Park Soccer and the Sacramento Stingray Swim Team.

Proceeds from the Parktoberfest event will help the Land Park Community Association continue these efforts.

The Land Park Community Association would like to thank Curt David, the General Manager of William Land Park Golf, and his staff for their hard work and support! To learn more about the Land Park Community Association, go to their website at landpark.org. ★



Julie Morrow and Nello Olivio serve and celebrate. Photo by Kristina Rogers

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