

Tips for a Holly Jolly Holiday Season

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Bringing You Community News For Over 30 Years

Record Crowd Runs to Feed the Hungry

DECEMBER 6, 2024

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THE SKY IS Not falling



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Participants in the Thanksgiving spirit smile and celebrate during the Run to Feed the Hungry event. Photo courtesy of Run to Feed the Hungry

By Ornella Rossi

SACRAMENTO, CA (MPG) - The streets of East Sacramento were bustling with energy on Thanksgiving morning as the 31st annual Run to Feed the Hungry drew a record number of participants to the largest Thanksgiving Day fun run. This year's event, held on Nov. 28, attracted runners, walkers and virtual participants from across the region and beyond, all coming together to support a cause close to home: the Sacramento Food Bank & Family Services (SFBFS).

"Run to feed the hungry is truly amazing. It's crazy to see the amount of people who all show up to run for the same cause," said participant Emma Harris. "This year was extra special for me because I got to run with my best friend and brother and crush the goal I had been training for."

With options for both a 5-kilometer and 10-kilometer run or walk, the

event featured a loop course starting on J Street, just west of the entrance to the Sacramento State campus. Participants had the flexibility to join virtually this year as well, receiving a bib and shirt to commemorate their support while contributing remotely to the cause.

Continued on Page 5

County Property Tax Due Dec. 10



Sacramento County News Release

SACRAMENTO, CA (MPG) -The deadline for paying the first installment of your 2024-2025 Sacramento County property taxes is coming up shortly. Payments are due no later than Dec. 10. Late payments will incur a 10% penalty for each tax bill and partial payments are not accepted.

Payment must be received in the Tax Collector's Office by 5 p.m. Dec. 10 or either be postmarked or paid through the county website at eproptax.saccounty. gov by Dec. 10. The Tax Collector also reminds property owners to include the appropriate installment payment stub from the tax bill or website, or write the parcel number of the property on the check being submitted to make sure that you receive proper credit for the payment. Payment can be mailed to P.O. Box 508, Sacramento, CA 95812-0508. Be sure to mail your payment early enough to ensure a timely postmark and avoid penalties.



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Sacramento Unites to Take Climate Action



California Chief Service Officer Josh Fryday, far left, is joined by California Climate Action Corps Team Leader Rose Brazil-Few, Niagara Bottling Corporate Giving Manager Jamie Colvert, Dawoodi Bohras of the United States Nominee Mukerram Hakimuddin, Sacramento Tree Foundation Board of Directors President Michelle Smira, SMUD Board of Directors member Rob Kerth, State Senator Angelique Ashby, California Climate Action Corps Team Leader Robbie Cordova, Sacramento Mayor Darrell Steinberg and former State Assemblymember Roger Dickinson at the Community Climate Action Day. Photo courtesy of California Volunteers

California Volunteers, Office of the Governor News Release

SACRAMENTO, CA (MPG)

- On Nov. 16, California Chief Service Officer Josh Fryday joined State Senator Angelique Ashby, Sacramento Mayor Darrell Steinberg, the City of Sacramento, California Climate Action Corps fellows, community partners and hundreds of volunteers for a day of climate action in Sacramento.

The event kicked off Sacramento's Equitable Urban Forest project, a muti-year effort to increase tree planting in disinvested neighborhoods, funded in part by an Urban and Community Forestry grant from the U.S. Department of Agriculture, Forest Service in partnership with GreenLatinos.

"Today, we witnessed the incredible impact volunteers, service members, community organizations and local and state leaders can have when they come together for a shared purpose," said California Chief Service Officer Josh Fryday. "Together, we are building stronger, more resilient communities and we need everyone involved."

Hosted by California Volunteers, Office of the Governor in partnership with the City of Sacramento, the event featured the planting of over 200 trees along the Sacramento Northern *Continued on Page 10* Making Payments

Property taxes can be paid by online e-check or credit card through Sacramento County's Property Tax Bill Information System or over the telephone at 1-844-430-2823, using the 14-digit parcel number. Credit card payments are processed by a contractor and a 2.29% convenience fee will be applied if you elect to pay the annual property tax bill using this method. This convenience fee is not revenue to the county. There is no fee to make a payment via e-check.

To avoid penalties, transactions made either on the internet or over the telephone must be completed before midnight on the payment pay by date. Plan ahead and do not wait until the last minute to make your payment. If you *Continued on Page 4*

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Old Sacramento Waterfront Transforms into Holiday Destination

Downtown Sacramento Partnership News Release

SACRAMENTO, CA (MPG) - The Old Sacramento Waterfront is the place to be this holiday season, sporting delightful decorations, a 60-foot holiday tree, electrifying light shows, pedestrian-friendly streets and a unique shopping experience. Located three blocks away from Golden 1 Center and the Downtown Sacramento Ice Rink, Old Sacramento Waterfront is a key holiday-themed destination for shopping and entertainment.

2024 marks the 16th anniversary of Theatre of Lights, the immersive, live-action lightshow on the balconies of Old Sacramento buildings as the entire district embraces the holiday spirit. Theatre of Lights is a free, family-friendly performance every Friday and Saturday (plus some special dates) created by Stage Nine Exhibitions' Troy Carlson and voiced by Emmy-nominated voice actor Bill Farmer; the voice of Disney's Goofy. The performance features an immersive retelling of "The Night Before Christmas" by Clement Clarke Moore alongside stories of how Sacramento pioneers experienced the calamities — and revelry — that befell the new city in the 1850s.

The crowd-favorite Holiday Tree Lighting kicked off Theatre of Lights on Wednesday evening, Nov. 27. The tree-lighting ceremony was powered by SMUD and featured community favorites such as the Sacramento Gay Men's Chorus and Sac Dance Lab and was hosted by FOX40's Bianca Ventura starting at 5 p.m. with the official first lighting happening at 6 p.m., led by Stomper, the A's mascot.

This holiday season, shoppers are



Theatre of Lights, the immersive, live-action holiday lightshow, occurs on the balconies of Old Sacramento buildings. Photos courtesy of Downtown Sacramento Partnership

encouraged to "skip the ship" and support small by visiting any of the small businesses at the Old Sacramento Waterfront to find unique, fun and thoughtful gifts.

K Street will be open only to pedestrians on Friday nights and through Saturday evenings Nov. 30 through Dec. 24, so visitors can freely explore all the holiday activations.

Special Events and Activations Lineup:

Theatre of Lights is produced by the Downtown Sacramento Partnership and lit by SMUD, a free, immersive performance retelling "The Night Before Christmas" in a uniquely Sacramento way on the balconies of Old Sacramento Waterfront. Always free, the exciting shows happen at 6 and 7:30 p.m. Fridays and Saturdays from Thanksgiving Eve to Dec. 24 (no show on Thanksgiving). And to increase accessibility, an American Sign Language (ASL) interpreter will be on-site for Saturday evening Theatre of Lights performances throughout the season.

Live Big, Support Small: Shop Local In total, there are 125+ small businesses (50+ of which are retail shops) in the district, with plenty of unique offerings and items that make perfect gifts. Plus, Old Sacramento Waterfront will be launching gift guides to help with holiday shopping lists. Sacramentans can get holiday shopping done in one place while supporting locally owned businesses.

Holidays on K: The best way to spread Christmas cheer is singing loud for all to



The Old Sacramento Holiday Tree is adorned with 24,000 lights to light up the Sacramento waterfront.

hear with live music Saturdays from 11 a.m. to 4:30 p.m. Every week will feature specific Old Sacramento Waterfront merchants, comfortable seating, a photo booth with proceeds helping to underwrite the cost of Theatre of Lights, and a "Letters to Santa" station. The whole family is encouraged to celebrate the holidays in Old Sacramento.

All Out Decor: In addition to the Holiday Tree that has nearly 24,000 lights, every building in the historic district will be adorned with garland and LED lights, every street pole will sport red bows, and storefronts will have their own decorations. To show off Sacramento pride, the Holiday Tree will be lit Kings' purple on game nights.

For more information, visit www.oldsacramento.com.

Bliss State Park Closed into Summer 2025

California State Parks News Release

SACRAMENTO, CA (MPG) - California State Parks announced D.L. Bliss State Park will remain closed for camping and partially closed for day use into summer 2025. This extended closure is necessary to complete an ongoing waterline infrastructure replacement. Campground reservations for the 2025 season at D.L. Bliss State Park will not be available until further notice. (Editor's note: D.L. Bliss State Park is located on the west shore of Lake Tahoe.)

The following day-use areas remain accessible: Lester Beach and Calawee Cove: These areas will remain open for water access from Lake Tahoe and foot access via the Rubicon Trail from Emerald Bay State Park.

Backcountry Areas: Portions of D.L. Bliss State Park west of Highway 89 will continue to be available for winter backcountry use.

Bouldering/Rock-Climbing Areas: Popular bouldering and rock-climbing sites located just east of Highway 89, closed for the past two seasons, will reopen in 2025 for walk-in access from designated roadside parking areas.

Please note: No restroom or trash services will be available at these locations.

The public is invited to visit nearby campgrounds and day-use access areas



at Emerald Bay State Park and Ed Z'berg Sugar Pine Point State Park, which are expected to be fully open D.L. Bliss State Park's scenic beautv is on display in this photo taken from the Rubicon foot-trail. Photo courtesy o f California State Parks

during summer 2025.

For updates, please monitor the D.L. Bliss State Park webpage.



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New Boutique Holistic Fitness Studio Opens in the Pocket

Bv Melissa Marie-**Revelez Figueroa**

SACRAMENTO, CA (MPG) -A fresh wave of wellness has arrived in Pocket-Greenhaven with the opening of Heal Fit Studio, a boutique holistic fitness center dedicated to providing innovative solutions for joint pain relief and promoting longevity.

Nestled in the heart of the neighborhood, this studio promises a personalized approach to fitness and rehabilitation, catering to the growing demand for specialized care in an increasingly health-conscious community.

Founded by kinesiotherapist and advanced wellness coach Cesar V. Figueroa, Heal Fit Studio combines state-of-theart fitness classes with customized one-on-one treatment programs.

"Our goal is to empower individuals to take charge of their health, especially those suffering from chronic joint pain," says Figueroa. "We focus on holistic methods that not only alleviate discomfort but also enhance overall well-being."

The studio features a



Kinesiotherapist and advanced wellness coach Cesar V. Figueroa demonstrates joint pain treatment. Photos courtesy of Heal Fit Studio

variety of classes designed to accommodate all fitness levels, including functional exercise, low-impact cardio core and yoga. Each class emphasizes mobility and strength, making it ideal for those recovering from injuries or managing chronic conditions. Unique to Heal Fit is its integration of holistic therapies such as Hyperice recovery tools, myofacial release, far infrared therapy, magnetic therapy, meditation and Jin Shin Jyutsu ---into the fitness and wellness

regimen.

In addition to group classes, the studio offers personalized one-on-one treatment programs. These tailored sessions begin with a comprehensive assessment of the individual's needs, followed by a customized plan that may include movement therapy, strength training, massage, and mindfulness practices.

"Every client is unique, and our approach reflects that," noted Figueroa. "We aim to create a supportive environment where individuals feel safe to explore their limits and reclaim their vitality.'

The opening of Heal Fit Studio comes at a time when many in the community are seeking alternatives to traditional healthcare solutions. According to recent studies, more people are turning to holistic health practices for pain management and overall wellness. The studio's unique focus on joint health and longevity is particularly timely, as more individuals,



Heal Fit studio patrons benefit from a customized plan for joint pain relief and to promote longevity.

especially older adults, look for effective ways to maintain mobility and quality of life.

As Heal Fit Studio settles into its new home, Cesar Figueroa and his team are committed to fostering a sense of community and collaboration. The studio plans to host regular workshops and wellness events, bringing together experts in various fields to educate and inspire residents.

With its grand opening on Jan. 4, 2025, Heal Fit Studio is set to become a vital resource for the Pocket-Greenhaven community, offering not just fitness classes but a path to healthier living. As more people seek ways to

alleviate pain and enhance their well-being, this innovative studio stands ready to lead the charge toward a more holistic approach to health and longevity.

Save the date for Saturday Jan. 4, 10 a.m. to 2 p.m. as Heal Fit will be hosting an open house, workshop and live demonstrations, raffle prizes, the last wave of special founders membership offers, refreshments and entertainment.

The public can physically tour the facility now at the Promenade Shopping Center, 7485 Rush River Dr. Suite 610. Register for a class through Mindbody online, visit the website at www.gethealfit.com or call (916) 832-6757.

CHP Secures Federal Grant to Enhance Older Driver Safety

California Highway Patrol News Release

SACRAMENTO, CA (MPG) -The California Highway Patrol (CHP), in partnership with the Office of Traffic Safety, is excited to announce the receipt of a \$225,000 federal grant

to launch the "Keeping Everyone Safe" (KEYS)

program.

This program is designed to enhance traffic education and health awareness for drivers aged 65 and older and aims to ensure older drivers remain safe, confident, and informed on the road.

A vital feature of this program is the "Age Well, Drive Smart" class. This

free, two-hour course addresses older drivers' unique challenges, such as age-related changes, crash risk factors, safe driving strategies and Department of Motor Vehicles licensing requirements. This class also provides helpful self-assessment resources. Classes are offered at all CHP Area offices and taught by experienced CHP public information officers (PIOs), who bring the class directly to community locations for added convenience. In addition, PIOs will engage with older drivers at local events and community gatherings.

"Ensuring the safety of California's older drivers is essential as they

Sacramento

CHORAL SOCIETY

& Orchestra

remain active on our roads. This federal grant allows us to provide targeted resources and support to help them drive confidently and safely," said CHP Commissioner Sean Durvee.

"Our goal is to enhance their independence while reducing risks, making our state's roads safer for

everyone."

The CHP is committed to supporting California's older drivers with the education and resources they need to continue driving safely and confidently.

For more information, or to enroll in an "Age Well, Drive Smart" class, contact your local CHP office.



Annual Sacramento **Holiday Tradition**

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Thursday, December 26 at 2:00 pm

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First United Methodist Church 2100 J Street, Sacramento



Chicken Little said, "the sky is falling, the sky is falling," but was it? We know of course the answer was no but does this sound vaguely familiar.

Kings fans and supposed experts would have you believe that the current team is in need of an overhaul, as well as a group of new coaches.

I'm the first to say that I'm not pleased with coach Brown's performance thus far, but I'm not clamoring for his job. Coach Brown's rotations have been hard to understand all season, but that is no different than the prior season where continuity was in short supply.

It wasn't long ago the Kings were two games over 500, and suddenly went into a losing tailspin. Losers of five out of the last six games will get people talking, and everyone has an opinion.

On the plus side, no one was casting aspersions when last week the Kings announced the signing of small forward Jae Crowder. Crowder, a free agent, has a history of being on winning basketball teams, and his moniker is his hard-nosed style of play, something the Kings could use more of.

Without question, the current squad plays hard every night, but we are lacking in players that have the dog mentality that can set the bone crushing screens that the Kings seem to see nightly from other teams.

Crowder brings that element, so it remains to be seen in what capacity coach Brown will use his new addition.

Brown chose to put Crowder in the starting lineup without even a single practice, while talented Mr. everything, Malik Monk watched as always from the bench.

Imagine my surprise when not one but two former members of the Kentucky Wildcats were introduced into the starting lineup against the San Antonio Spurs on Sunday, Dec. 1 at Golden One Arena. The arena erupted when Malik Monk was introduced right in back of DeAaron Fox, and I couldn't have been happier for Malik.

Coach Brown and Sacramento Kings fans were treated to the best scoring first quarter of the young season, as the Kings put up a staggering 42 points.

Malik was the spark plug he always seems to be, but despite the auspicious start, the Kings played poorly in the fourth quarter, and although they made it close, came away with a 2-point loss.

As is oft the case, the zebras did not help their cause, and the game was replete with calls that one would expect at a high school game, not in the highest court of basketball.

The last week began on a high note, as the Sactown boys went into Minnesota, and after losing the prior two games to the Wolves this season, the Kings put on a fourth quarter show that was a pure pleasure to watch. Surprisingly, while only connecting on 32% of their 3-point efforts, and scoring only 12 3-point field goals all night, the Kings sent the Timberwolves home with a 115-104 spanking.

For Kings fans, this type of overall efficiency, which included solid team defense all night, is what gives everyone hope that this team can turn things around.

Sadly, after breaking a 4-game losing streak by besting the Wolves. Sacramento could not back it up, losing to both Portland and San Antonio back-to-back.

The bright spot for me this past week was the emergence of small forward Isaac Jones. Nearly forgotten at the end of the bench, the rookie out of Washington State brought energy, spirited defense, and added 12 points that were sorely needed against the young and talented Timberwolves.

Why it's taken this long to give Isaac a look is a hard question to answer but look for coach Brown to move this young forward closer to the top of the bench.

Another bright note is hearing Malik Monk in the post-game interview say it's taken him three years in Sacramento to get a single start, and he likes being a starter where he's spent the majority of his career.

Hang on Kings fans. It's not time to pull your hair just yet. Christmas is right around the corner, and something tells me the Sac Town ballers may have some presents in store for basketball hungry Sacramento fans in the month of December.

All the best Kings fans!

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

ABOUT TOWN

Pocket Canal Holiday Lights Dec. 7

Join the neighborhood for Canal Holiday Lights and the tee lighting from 4 to 5 p.m. Saturday, Dec. 7 at Portuguese Park.

Meet Santa and enjoy treats provided by River's Edge Church.

Elks Lodge Calendar of Events

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!

Yoga, Monday 12 pm, Wednesday 3:30 pm. Lodge members free.

Martial Arts, Monday 5 pm

Pickleball, Monday, Wednesday 9a-12p, Thursday 4:30-7:30p,Sunday 4-7p.

Improv Night, 2nd & 4th Wednesdays, 6-8 pm

Wednesday Night Dinner, 5:30 to 7 pm. See elks6.net for weekly menu.

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.

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, visit www.californi-

arailroad.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 upcoming activities offered by Sacramento area museums, visitSacMuseums.org.

County Property Tax Due Dec. 10

Continued from page 1 are unable to get through

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If you have not received a tax bill, you can obtain your tax bill information and payment stubs at the Tax Collector's website, over the automated telephone system or by contacting the Tax Collector's Office at 916-874-6622.

For more about property taxes, the Sacramento County Tax Collector's website provides answers to common questions from taxpayers regarding property taxes and links to tax bill information and online payments.

Failure to receive a tax bill does not relieve the property owner of their liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment.







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Discovery Park Events Benefit Local Economy

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - October was a busy month for Discovery Park, with a series of high-profile events that brought thousands of visitors and generated significant economic benefits to the local economy.

Discovery Park is a 302-acre park located beside I-5 in downtown Sacramento. It's where the American River meets the Sacramento River. The park features a 32-mile bike trail, ball fields, picnic sites, and fishing and boat launches.

Since 2012, Discovery Park has been home to the Aftershock Music Festival. What started as a one-day music festival has grown into a four-day festival, and its success inspired event producers to launch a country music counterpart, Golden Sky Music



A festival attendee crowd surfs at October's Aftershock Music Festival. Photo courtesy of First District Supervisor Phil Serna

Festival, which debuted in 2022.

This year, Discovery Park hosted Aftershock from Oct. 10 to 13, Golden Sky from Oct. 18 to 20 and welcomed runners for part of the Ironman California Triathlon (with participants swimming through the American River just south of the park) on Oct. 27.

is estimated to be roughly

to Visit Sacramento, which The economic impact was \$9 plus million more of these three events alone

than in 2023. Aftershock brought in

\$64.7 million, according

\$35.1 million, Golden Sky earned \$14.1 million and Ironman California made \$15.5 million.

In addition to the incredible economic boost to the region, the music festivals at Discovery Park also brought benefits to regional parks.

About 200,000 people visited Discovery Park, most of whom came from outside the region, providing the opportunity to bring awareness of the American River Parkway to a larger audience.

The event producer, Danny Wimmer Presents, sponsored Low-Income Annual Passes, providing local residents in need with free access to enjoy the park.

For more information about Discovery Park, go to regionalparks.saccounty.gov and click on the American River Parkway dropbox.

Sacramento Enacts Cannabis Social Consumption Ordinance

City of Sacramento News Release

SACRAMENTO, CA (MPG) - The Sacramento City Council voted Nov. 19 to approve an ordinance establishing a pilot program to allow social cannabis consumption at designated locations in the city of Sacramento.

"This pilot program will allow us to carefully evaluate how social cannabis consumption can operate in Sacramento," said Finance Director Pete Coletto. "Our goal is to balance supporting local businesses and expanding consumer options with protecting public safety and health."

The program will allow existing permitted dispensaries to apply for the following permits:

Type 1 permits allow the consumption of cannabis-infused food and beverages.

Type 2 permits allow the smoking

of cannabis products, such as flower, pre-rolls, and concentrates, provided businesses meet specific ventilation requirements, and the consumption of cannabis-infused food and beverages.

The social consumption permits will require dispensaries to submit a Consumption Lounge Operations Plan, an Impaired Driving Prevention Plan, and to comply with other local and State regulations to protect employees, patrons, and the community. Consumption lounge patrons must be 21 years or older to enter.

The City of Sacramento's Office of Cannabis Management has spent the past several years exploring social consumption as a potential business activity under specific conditions. These efforts have included hosting community meetings, workshops, and council discussions to collect input and feedback from different stakeholders.

Current State of Social Consumption

Social cannabis consumption is gradually expanding across California. Currently, over a dozen jurisdictions, including San Francisco, Oakland, and West Hollywood, allow some form of permitted consumption at select retail locations.

In addition to brick-and-mortar locations, permitted social consumption of cannabis is allowed at some music festivals and other events through a cannabis events license.

Earlier this year, Governor Gavin Newsom signed Assembly Bill 1775 into law, marking a key milestone in the cannabis industry.

This legislation authorizes cities and

counties to permit existing cannabis retailers and consumption lounges to expand their offerings beyond selling cannabis products.

What's Next

Add-on permits for consumption lounges are anticipated to become available after the city council reviews cannabis land-use and zoning amendments, expected in early 2025.

Following this, administrative steps such as a fee study will be completed, with permits likely to be issued around summer 2025

To learn more about local cannabis laws and regulations, visit the city's cannabis webpage, contact the City's Office of Cannabis Management at cannabis@cityofsacramento.org or call (916) 808-8955.

Record Crowd for Run to Feed the Hungry

Don't Let Fats, Oils, Grease **Ruin Your Holiday Cheer**



The 31st annual Run to Feed the Hungry drew a record number of participants. Photos courtesy of Run to Feed the Hungry

Continued from Page 1

This year's race had something for everyone, with the addition of chip timing and the opportunity for participants to join a timed runner's corral. Competitive runners had the chance to earn awards, with the top three finishers in each age group receiving medals, and the top overall men and women in both the 5K and 10K races receiving plaques and prize money. The event also recognized the top three masters (aged 40 and older) among both men and women, with additional plaques and prize money for their achievements.

Adding to the festive atmosphere, several live bands performed throughout the course, keeping participants motivated with music as they ran, walked, or jogged their way through the scenic route.

The annual event is not just a holiday tradition but also serves as the largest fundraiser for the Sacramento Food Bank & Family Services, a nonprofit



Attendees had the option to participate in either a 5-kilometer or 10-kilometer run or walk.

organization dedicated to providing immediate relief and long-term solutions for families in need throughout Sacramento County. The funds raised help the Sacramento Food Bank & Family Services continue its mission to alleviate hunger and support individuals and families in their journey toward self-sufficiency.

With just \$1 able to provide three meals to a child, senior or family facing hunger, every dollar raised at the event made a significant impact on the lives of those in need. In 2023, the Sacramento Food Bank

& Family Service distributed 37.9 million pounds of food, equivalent to 31.6 million meals, and provided food assistance to an average of 283,079 individuals each month. This year's record turnout is expected to provide muchneeded support to help the Sacramento Food Bank & Family Service continue its essential work in the Sacramento area.

For more on how to get involved with Sacramento Food Bank & Family Services or to make a donation, visit www.sacramentofoodbank.org.



Keep your holidays and the sewer system running smoothly by properly disposing of fats, oils and grease. Photo courtesy of Sacramento Area Sewer District

Sacramento Area Sewer District News Release

SACRAMENTO, CA (MPG) - During the holiday season, the Sacramento Area Sewer District is urging residents to help prevent sewer backups, a common yet costly and disruptive issue that peaks during this time of year. Improper disposal of fats, oils and grease (F.O.G.) often leads to blockages, which can result in unpleasant sewer backups that disrupt holiday gatherings. To help keep festivities running smoothly, Sacramento Area Sewer District reminds the community to follow two simple steps for safe F.O.G. disposal.

Can it. Once cooled, put hardened fats, oils and grease into a sturdy containerlike a leftover soup can. Then, put the container in the garbage.

Scrape it. Scrape all food scraps including fatty and greasy leftovers into the organics cart, NOT down the drain.

When F.O.G.-containing items from holiday cooking - like food scraps, gravies and oils - go down kitchen sink drains and garbage disposals, they can

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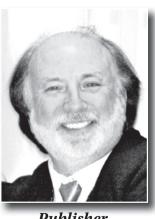
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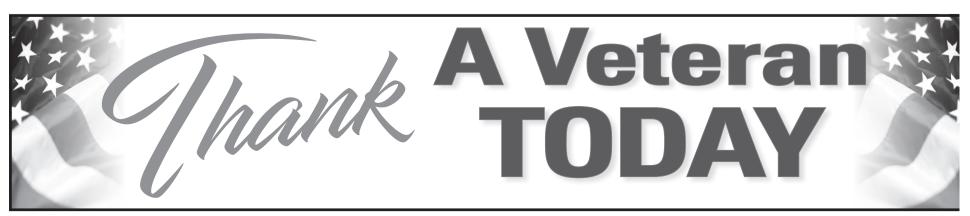
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ARC Coach Named NorCal Coach of the Year



American River College Athletics News Release

SACRAMENTO, CA (MPG) - The American River College Men's Water Polo program has achieved a lot of great things throughout the 2024 season. As the program prepares to open up the 3C2A State Championships, the Beavers can add another achievement: NorCal Coach of the Year.

The Beavers men's water polo head coach, Zac Koerner, was named the 3C2A NorCal Coach of the Year after leading the Beavers to back-toback Big 8 Conference Championships, a 2nd place finishing in the NorCal Championships, and an opportunity to compete for the 3C2A State Championship.

This is Coach Koerner's first NorCal Coach of the Year award. Congratulations Coach! ★



Beaver Head Coach, Zac Koerner, was named the 3C2A NorCal Coach of the Year. Photo by ARC Athletics

Sac Republic FC to Host Open Tryouts

Sacramento Republic Football Club News Release

SACRAMENTO, CA (MPG) - Ahead of the 2025 USL Championship season,

Republic FC is hosting its annual Open Tryout, giving the region's top players a chance to impress the technical staff and earn an invitation to training camp.

The 2025 Open



Aldair Sanchez attended the Open Tryout and earned an invitation to training camp, where he would compete in preseason friendlies against USL Championship and MLS clubs and go on to sign his first professional

contract with the Indomitable Club. He appeared in 30 appearances in his rookie season and in 2024 was one of five players to appear in every





Hornet Volleyball Standouts

Named All-Big Sky



Tryout will take place on Saturday, Jan. 18 and Sunday, Jan. 19 at Bartholomew Sports Park in Elk Grove, and is open to players aged 18 and older. Players are encouraged to sign up early to

secure their spot and take advantage of Early Bird Pricing – a \$50 discount – through December 31. At least one participant will be invited to join the club for its 2025 training camp ahead of the season.

Tryouts have been an important part of Republic FC's roster development since 2014. In total, six attendees have gone on to sign professional contracts with the club, as well as others who have earned a spot in the youth academy. In 2023,

REPUBLIC FC

game.

Tryouts are open to eligible males, 18 years or older. Registration fees apply and are non-refundable. In addition to registration fees, each trialist is solely responsible for all accommodation bookings and costs. Players

must come prepared for the tryouts with

their own boots, socks, shorts, gloves, shin

guards or any other equipment related to

their position. Republic FC's athletic

training and medical services personnel

istration and requirements, visit

SacRepublicFC.com/Tryouts or e-mail

For more information on tryout reg-

will be onsite throughout tryouts.

Tryouts@SacRepublicFC.com.

Hornet senior Bridgette Smith is the first fourtime first team all-Big Sky selection in Hornet program history (2021-24). Photos courtesy of Sacramento State Athletics

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Three Hornet seniors were named all-Big Sky Conference on Nov. 26, including outside hitters Bridgette Smith and Caitlin Volkmann being named to the first team, and rightside hitter Ellie Tisko named second team.

The Hornets received three all-league honors after finishing the regular season with an 18-11 overall record and 11-5 conference mark. Sacramento State finished in a tie for second place in the conference

Sacramento State senior Caitlin Volkmann has tallied double figures in kills on 24 occasions in the 2024 season, and 71 times during her career as a Hornet. Hornet senior rightside hitter Ellie Tisko named second team all-Big Sky for the second straight season.

standings and will be the No. 3 seed at the Big Sky Tournament at the Nest.

Smith was named to the first team for the fourth straight year, becoming the first player in program history to be named first team on four occasions. Counting her pandemic season of 2020 when she was named to the second team, Smith is also the first player in school history to receive all-conference accolades on five occasions.

Volkmann was named to the first team for the first time in her career, and Tisko received second team honors for the second consecutive season.

Sacramento State Women's Basketball Finishes Third

 \star

Sacramento State University Athletics News Release

SACRAMENTO, CA (MPG) - Senior Katie Peneueta finished with a career-high tying 20 points to go with nine rebounds while three other Hornets finished in double figures on Sunday Dec. 1, helping push the Sacramento State women's basketball team past Wagner, 73-34, to finish third at the FIU Thanksgiving Classic in Miami.

The Hornets snapped their threegame skid, improving to 5-3 overall on the year, while the Seahawks fell to 1-6 overall with the result. The 39-point victory was the largest of the year and the largest against a Division I opponent since a 48-point triumph over Portland State on Jan. 23, 2016.

Sunday's 34 points allowed are the fewest in the program's Division I history and the fewest since defeating Concordia College, 78-29, on Nov. 22, 1990. Sacramento State limited Wagner to just 15 first-half points — the lowest scoring first half by a Hornet opponent since Northern Colorado trailed, 24-15, at the break on Jan. 6, 2007.

Overall, from the field, the Hornets stifled the Seahawks to the tune of a .245 (12-for-49) field goal percentage for the game, which is the lowest by an opponent since Pacific Union shot the same percentage on Dec. 19, 2019.

In only her second game back after missing the first six games of the season due to injury, Peneueta came off the bench to finish 7-of-10 from the field and 5-of-7 from long distance in 29 minutes, matching her career high set at Northern Arizona on Feb. 3, 2022, and tied against Montana State just over a year later on Feb. 23, 2023.

Her nine rebounds were also two shy of her career high of 11 set

against Idaho on Jan. 5, 2023.

She was followed closely by sophomore Lina Falk, who finished with 15 points on 6-of-13 from the field and added six rebounds, three assists, and three steals. Senior Jaydia Martin chipped in 12 points on 5-of-11 from the field, adding four rebounds and six assists, while freshman Sofia Alonso finished with 11 points, five rebounds, and six assists.

Freshman Brooklyn Taylor also blocked four shots on the day, the most since Summah Hanson had four against Eastern Washington on Dec. 30, 2023.

The Hornets surrendered the first basket of the game, but it was all Sacramento State from that point on, outscoring Wagner by a 21-2 count the rest of the quarter — including a 14-0 run to close the period. The run grew to 17-0 with the first three points of the second quarter as the Hornets led by as many as 27 points in the first half en route to the 41-15 halftime advantage.

Sacramento State limited the Seahawks to four points in both the first and third quarters — tied for the fewest in a single quarter this season along with the four-point fourth quarter at Cal State Fullerton back on Nov. 14 — and tallied the fourth and fifth single-digit quarters defensively this year.

Meanwhile, the offense was clicking, finishing the day shooting 49 percent from the field overall (26-of-53) — its second-highest single-game shooting performance of the year behind only the 55 percent against Lincoln University on Nov. 10. The Hornets were also 11-of-25 (.440) from behind the arc as a team, setting season highs for both makes and percentages and the best in both categories since hitting 13-of-24 from three-point range against Idaho State at last year's Big Sky Conference Tournament. Sacramento State opened the second half on a 9-0 run, holding Wagner to without a point for the first six minutes of the period and to without a field goal until the final 30 seconds of the period. The Hornets led by as many as 46 points with two minutes to play in the fourth quarter and led nearly the entire game save for the 15 seconds that the Seahawks went in front to start the day and the 3:55 during which the contest was tied.

Following three straight games away from home, Sacramento State returns to The Nest this coming week, hosting Kansas City to open the second-annual Big Sky-Summit Challenge on Wednesday, Dec. 4, at 6:30 p.m. The Hornets then travel to Nebraska to take on Omaha on Saturday, Dec. 7, at Noon PT prior to the start of final exams. Both games are scheduled after press time.

Let Us Be Truly Thankful

As I built a post-election gratitude list, I remembered a question routinely asked by the minister of music in a church I pastored.

He'd stand behind the big Baptist pulpit and ask this question of his sleepy and aging congregation:

"Would you rather be in the best prison in America or here in church today?"

He used the question to roust our aging congregation and inspire them to sing louder. He often used it at the Thanksgiving service because he felt like it gave congregants a bit of gratitude perspective.

I find the reasoning a bit haggard as it's the same

Spiritual Care **BY NORRIS BURKES**

kind of sermonic reasoning ministers use every year that urge us to remember those less fortunate.

I ask you, can't we just hold the guilt this year and sit back and relax with our holiday pie?

Newspaper columnists like myself, and most especially ministers, of whom I am both, try to make you see that your life is not as

bad as it could be.

This approach comes off sounding a lot like a parent trying to get their kid to eat turnips.

"At least we have turnips and broccoli on our table," goes the paternal reasoning, "I'll bet the kids in Godawfulstan wish they had turnips."

That line of reasoning never did much for me.

The problem with that perspective is that gratitude and thankfulness has never been about comparing your good fortune to the misfortunes of others. Thanksgiving will never be about trying to equalize the imbalance of those fortunes.

Thanksgiving isn't just about being grateful you don't have a loved one deployed to a war-torn country. It's also about being thankful we have brave service members who are willing to serve when their country calls.

Thanksgiving isn't just about being grateful you aren't poor. It is also about being grateful you have resources to give to the poor.

It is not only about being grateful you aren't hungry. It is also about sharing your gratitude with the hungry.

Being truly thankful is not about comparing what you have with what others

do not have. It is not about being glad your home is not a shanty cardboard shack under the freeway. It's about the help we give the homeless as we humbly realize that most of us are one paycheck away from building our own shack.

Gratitude is not about giving thanks for what you have, where you work, where you live or even who you are. Thanksgiving is not about you at all.

Thanksgiving is about keeping perspective between recognizing the blessings we've received and utilizing our capacity to return those blessings to others.

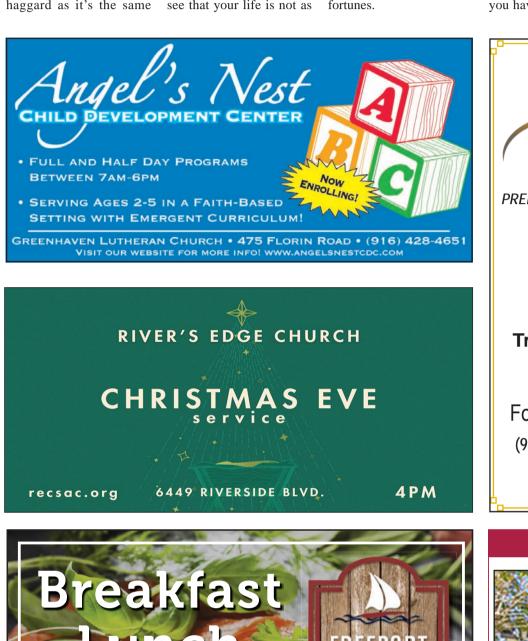
At the end of the

calorie-laden day, perspective will be a constant reminder that we are not alone on this planet.

It is the perspective of gratitude that teaches us we've all journeyed from the same place and, as Scripture suggests, "to dust we will return."

That is the perspective from which humility comes, and humility will always be about gratitude.

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 at website www.thechaplain. net.



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Tips for a Holly Jolly Holiday Season

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - As the holidays approach, many of us look forward to gatherings with friends and family, enjoying delicious food and taking part in festive celebrations. However, this time of year can also bring feelings of stress, loneliness or sadness for some. The holiday season is a complex time that can amplify both the highs and lows of life.

"It's normal to feel overwhelmed by the demands of the season," said Sacramento County Director of Behavioral Health Dr. Ryan Quist. "High expectations, separation from loved ones, personal grief and financial pressures can all impact our mental well-being. It's important to remember that it's okay not to feel joyful all the time."

To help navigate the season and its challenges, Sacramento County's Department of Health Services, Behavioral Health Division, offers these tips:

Acknowledge Your Feelings and Stress Levels

Recognizing when you need a break is essential. During this time of year, we try to squeeze in a bunch of different events. Maintaining regular routines, especially consistent sleep schedules and meal times can also support mental health.

"We often underestimate how critical a regular sleep routine is to our emotional well-being. It can impact your mental health and your ability to function effectively," Quist explained. "Also, simply staying consistent with meals can help avoid unnecessary stress.

Plan for Managing Stress

Whether it's taking a walk, reading or cooking with loved ones, identifying activities that bring calm and joy can be a valuable resource when emotions run high.

Connect with Others

The holidays don't have to revolve around material gifts. Giving your time and support to friends or community members can lift spirits for both you and them.

Avoid Excessive Alcohol and/or Substance Use

For those in recovery, the holidays can

be especially challenging. It's important to have a plan for navigating social events and leaning on support systems if needed.

For those needing additional support, Sacramento County Behavioral Health provides a variety of resources for residents including:

9-8-8 (National Suicide Hotline)

This hotline will connect you to a local call center, which can then dispatch the Sacramento County's mobile crisis team to meet you where you are.

CalHOPE

For less urgent support, residents can also reach out to CalHOPE at 833-317-HOPE or visit its website at www.calhope. org

The Source Support Line for Youth and Caregivers

Feeling alone, stressed or sad? Call or text 916-SUPPORT (787-7678) for 24/7 support.

Mental Health Urgent Care Clinic (MHUCC)

The Mental Health Urgent Care Clinic provides 24/7 crisis services on a walk-in basis to individuals of all ages needing mental health and/or co-occurring substance use supports. The clinic can be accessed by visiting 2130 Stockton Blvd., Building 300, Sacramento, CA 95817 or by calling 916-520-2460. Go online to dhs.saccounty.gov/BHS/Documents/ MHUCC_Flyer.pdf for more information.

Substance Use Prevention and Treatment Services

Substance Use Prevention and Treatment Services provides prevention and treatment services for alcohol and drug use/abuse through contracting with an array of community-based service providers throughout Sacramento County. Call 916- 874-9754 or toll-free (888) 881-4881 from 8 a.m. to 5 p.m. Mondays through Fridays, and after hours, use the toll-free number.

The holidays can be stressful and that's OK. If you need help, don't hesitate to reach out, whether to a friend, family member or professional resource.

Learn more about Sacramento County's various Behavioral Health resources on its website at dhs.saccounty.gov. **★**



The holiday season is a complex time that can amplify both the highs and lows of life. Photo by Cottonbro Studio/Pexels

Sacramento Unites to **Take Climate Action**

to take climate action



Continued from Page 1 Parkway, contributing to the transformation of the local green space.

"Our parks and parkways are the cornerstones of our community, and today's Community Climate Action Day demonstrates the power of collaboration in enhancing these spaces," said Youth, Parks, & Community Enrichment Director Jackie Beecham. "Our Youth, Parks, & Community Enrichment staff, alongside dedicated volunteers, are making a lasting impact — not only by increasing our city's tree canopy but also by fostering a sense of community pride and environmental stewardship. Trees provide immense benefits, from improving air quality to cooling our neighborhoods, and together we're creating a healthier, more resilient Sacramento for all."

In honor of conservationist Dr. Jane Goodall's 90th birthday, California Climate Action Corps has committed to planting 90,000 trees and native plants across the state. Nov. 16's efforts are a significant step toward achieving that goal.

"It is so exciting to see the collaboration between our local community, our state organizations and leaders. As we work towards a better climate for all in the future, it's essential that we continue to enhance our green spaces through collective action, together," said Senator Angelique Ashby.

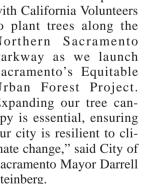
Community Climate Action Days offer volunteers the opportunity while enhancing quality of life and access to green spaces in their communities. Participants also had opportunities to learn about local climate initiatives, followed by a lunch and resource fair.

with California Volunteers to plant trees along the Northern Sacramento Parkway as we launch Sacramento's Equitable Urban Forest Project. Expanding our tree canopy is essential, ensuring our city is resilient to climate change," said City of Sacramento Mayor Darrell Steinberg.

toward Climate Action Counts, the new campaign to unite one million Californians to take everyday actions at home and in their neighborhoods to

"This project is part of a historic investment to grow our tree canopy, support workforce development and build climate resilience in California communities that need it the most," said Miranda Hutten, USDA Forest Service. "Thanks to the Inflation Reduction Act, \$1.5 billion have been made available to support urban forest projects across the nation. One hundred percent of those funds will benefit disadvantaged communities, areas that face environmental, social and economic burdens that trees can help relieve. To date, California has received over \$146 million in Inflation Reduction Act Funds to support those goals - including \$1 million for the Sacramento

"We're thrilled to partner



All activities count combat climate change.

California Chief Service Officer Josh Fryday and Sacramento Mayor Darrell Steinberg plant trees along the Sacramento Northern Parkway. Photo courtesy of California Volunteers

Equitable Urban Forest project."

"Trees create lasting and pivotal changes in communities. They cool our streets, create places of play and allow for all of us to enjoy the lovely Sacramento outdoors. Future residents will continue to feel the benefit of trees through cleaner air, cooler temperatures and under the canopy of a lush urban forest. The IRA funding provided by the US Forest Service is a direct investment in our communities as well as the investment of California Volunteers in partnership with the City of Sacramento. The Sacramento Tree Foundation and local community are invested in this project from planning, to planting, to long-term stewardship," said Dr. Jessica Sanders, Executive

Director Sacramento Tree Foundation.

"At SMUD, we're proud to work alongside our community partners and the customers we serve," said SMUD CEO and General Manager Paul Lau. "By taking part in Community Climate Action Day, together we're helping build healthier, more resilient communities and empowering residents to be active participants in building a clean energy future."

Supported by the California Volunteers Fund, sponsors for the event include Niagara Cares and the Dawoodi Bohra community.

"At Niagara, we are dedicated to paving the way for a more sustainable future for generations to come," said Jamie Colvert, Corporate Giving Manager of Niagara Bottling. "By supporting Community Climate Action Days, we're not only investing in green spaces but also fostering a sense of unity and responsibility within our communities. Together, we're building stronger, more resilient neighborhoods that everyone can enjoy and be proud to protect."

"Climate change affects all of us, and only collective effort will help us combat it. That's why the Dawoodi Bohras are proud to partner with California Volunteers, Office of the Governor on this Community Climate Action Day, which helps unify Californians in collective action to enhance our environment and nurture green spaces for the benefit of all," said Aliasger Najam, Director of Outreach for the Dawoodi Bohra community.

Gov. Gavin Newsom launched California Climate Action Corps in 2020 as the nation's first state-level climate service corps with the mission of empowering Californians to take meaningful climate action. The program is led by California Volunteers, Office of the Governor.

California Climate Action Corps is part of the California Service Corps and organizes Community Climate Action Days throughout the state. California Service Corps is the largest service force in the nation, larger than the Peace Corps.

It is administered by California Volunteers, Office of the Governor and is made up of #CaliforniansForAll College Corps, Youth Service Corps, California Climate Action Corps and AmeriCorps California. ★