

#### A Survival Story for Memorial Day

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#### Remembering All of Them on Memorial Day



# I AMERICAN RIVER CONTROLL CONT

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Serving Fair Oaks, Orangevale & Sacramento County

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# Washing Away Mental Health Stigma



Sacramento County is making a splash to raise awareness about mental health through the #SpeakYouMIND Ice Bucket Challenge for Mental Health Awareness. Photo courtesy of Sacramento County

Sacramento County News Release

**SACRAMENTO, CA** - This May, Sacramento County is making a splash to raise awareness about mental health.

In a powerful show of leadership, Sacramento County Board of Supervisors Patrick Kennedy and Pat Hume participated in the University of South Carolina's #SpeakYouMIND Ice Bucket Challenge for Mental Health Awareness, demonstrating that addressing mental health should be seen as strong, courageous and community-driven.

Mental illness impacts every ethnic, racial, economic, religious and age group. Roughly one in every five adults will experience a diagnosable mental health condition during their lifetime, yet many never seek the support they need due to

stigma, discrimination or shame. In Sacramento County, there is a belief that has to change. If you had a general health issue, you would seek help and it should be the same for mental/behavioral health.

Sacramento County is proud to offer a range of behavioral health services that address both mental health and substance-use needs. Individuals have different experiences, needs and paths to recovery, and Sacramento County services reflect that. Whether it's prevention, treatment or ongoing support, Sacramento County is committed to helping individuals access the care that fits their unique journey.

To determine treatment needs and level of care, Sacramento County offers confidential brief screenings through the Behavioral Health Services-Screening and Coordination (BHS-SAC) Team with no appointment necessary. Clinical staff are

available 24 hours a day, 365 days a year to help residents connect with the appropriate provider. Individuals should call 916-875-1055 to begin screening. For a behavioral health crisis, call 988.

Additionally, the county's Stop Stigma Sacramento campaign continues to challenge misconceptions and build understanding through education and community dialogue. The campaign highlights real voices and real stories, proving that recovery is possible and that support makes a difference. Learn more at stopstigmasacramento.org.

Mental health is health. With the right support, individuals can and do recover and thrive.

This month, and every month, let's work together to wash away the stigma. For more information on Sacramento County Department of Health Services, visit dhs.saccounty. gov/BHS/Pages/BHS-Home.aspx. ★

# Keeping Pets Safe in the Heat: Essential Tips for Pet Owners



Sacramento County encourages residents to be aware that hydration is key, so make sure that your pets always have access to fresh, clean water on hot days. Photo courtesy of Sacramento County

#### Sacramento County News Release

**SACRAMENTO REGION, CA** (MPG) - Summer is just around the corner and the days are already heating up in Sacramento County.

As temperatures rise, it's important for pet owners to take precautions to ensure that their furry friends stay safe and comfortable. While we might be able to seek out shade, sip cold drinks or turn on the AC, pets rely on us to protect them from the dangers of extreme heat. Whether you're heading out for a walk, relaxing in the yard or running errands, here are some must-know tips to help your pets beat the heat.

Never leave pets in parked cars! Even on a seemingly mild day, the inside of a parked car can become dangerously hot within minutes. It's not only incredibly risky, it's also illegal in California. Leaving your pet in a vehicle, even with the windows cracked, can be deadly. Always take your pets with you or leave them safely at home.

Hydration is key, so make sure that your pets always have access to fresh, clean water. On hot days, they'll need to drink more than usual to stay hydrated.

If your pet shows signs of heat-related illness, avoid giving them cold water or submerging them in cold baths, as this can shock their system. Instead, offer cool (not cold) water and contact a veterinarian immediately.

Avoid the heat of the day by scheduling walks and outdoor playtime during the cooler parts of the day, such as early morning or late evening. Pavement and asphalt can get extremely hot and could burn your pet's paw pads. A good rule of thumb is to place the back of your hand on the surface for seven seconds and if it's too hot for you, it's too hot for them.

Provide shade and cool spaces if your pet is outdoors and make sure they *Continued on page 3* 

# Scholarships for Students

Sacramento County Public School Students Eligible for \$1,500 Scholarships

CalKIDS News Release

SACRAMENTO, CA (MPG) - College acceptance and financial aid letters are arriving soon, and high school seniors and college students have a major opportunity to ease their higher education costs through the CalKIDS program.

CalKIDS is the nation's largest child development account program, providing scholarships for higher education. This statewide initiative, administered by the ScholarShare Investment Board, provides eligible California public school students with CalKIDS Scholarships worth up to \$1,500, helping them take the next step toward college or career training by easing financial barriers to higher

cial barriers to higher education.

In Sacramento County, more than \$81 million in CalKIDS Scholarships has been made available recommend.



Two students proudly wearing their CalKIDS shirts at the CalKIDS One Year Anniversary event. Photo courtesy of CalKIDS

to public school students over the last three years, providing critical financial support for their higher education. A CalKIDS Scholarship does not require students to submit essays, meet a minimum grade point average (GPA), or provide recommendation letters.

"CalKIDS is an incredible resource for families," by said State Treasurer Fiona Ma, chair of the ScholarShare Investment Board. "Claiming a CalKIDS Scholarship is the easiest step students can take on their path to higher education,

and we want every eligible student to claim their scholarship account and take full advantage of this opportunity."

Eligible students can use

their CalKIDS Scholarship accounts for tuition and fees, books and supplies, Continued on page 3

# A Survival Story for Memorial Day

Editor's note: This story was recently told to Sandy Evans, a registered nurse and a Citrus Heights Veterans Community Center volunteer, by Skip. Skip is one of thousands of veterans who returned home from war facing challenges in his future. Many nurses returned with the same challenges. In honor of Memorial Day, we're running Skip's story and we are reminding readers to never forget our veterans' courage and sacrifices they made to protect and defend our country.

By Sandy Evans

SACRAMENTO COUNTY. CA (MPG) - U.S. nurses who served in the Vietnam War from 1965 to 1973 did heroic things that most people have never heard occurred. The war ended with no one wanting to hear what went on in an undeclared war. Thanks to military men in all branches of service, many of the frontline casualties had a chance to survive.

One of these men who helped in the cause was Skip, today a Citrus Heights resident. Skip was in the Army, D Troop, 1st Regiment, 1st Squadron of Dragoons, Air Calvary.

He was only 17, eager to serve and, with his parents' permission, enlisted. His training took him to Fort Lewis, Washington; helicopters in Eustis, Virginia and USA Rotor School in Fort Rucker, Alabama.

By 18 years old, Skip was sent to Chun Lai, Vietnam as a Huey mechanic and eventually crew chief.

Like many war-torn vets, he returned with Post-traumatic stress disorder (PTSD), something nurses saw on a regular basis in Vietnam. Nurses also regularly saw catastrophic injuries and death. The hospitals were temporary with everyone hoping the war would quickly end and all be able to safely return home.



made to protect and defend our country. Photo courtesy Pixabay

Skip and crew would provide medi-vac operations daily and often multiple times a day. Medics and nurses airlifted in helicopters with door gunners their only protection. Radio communications were a help with safe landing sites but often snipers or hostile ambush occurred.

Medi-vac missions often required "duck and run" tactics running toward the injured on stretchers while the helicopter provided cover fire and held fast until the wounded were aboard.

Skip would watch the nurses do their job with admiration. A nurse could look into a dying man's eyes and hold his hand so he would know he was not alone. It was touching. It was standard practice for the medical staff to use the "patch and save" method until they returned to base. The critical cases were

expedited and given top priority.

The helicopter, huge and noisy, would lift off quickly as other helicopters were coming in to do the same work. The helicopter crew hours could be grueling. No time off for months. Special runs for needed supplies, transport surgeons or medical personnel. It was grabbing sleep when they could.

A new offensive required more troops and helicopters. The jungle terrain prohibited trucks or planes.

Skip survived being shot down twice and saw many of his friends die. You learn not to make personal attachments, become numb to the horrors of war. "Do your job," "move forward," "get the job done."

Skip served 23 months before his return to the U.S.

Returning home was disappointing. Lack of respect, being spat on and being called "baby killlers" by the general public was debilitating. Family who didn't understand or want to talk about his life-saving endeavors or good work "in country" made it more difficult to cope with returning to the U.S. This all led to

He was a young man when he returned home and for the rest of his life, Skip will have to deal with the Vietnam memories.

depression for him.

Many nurses had the same experience. The diagnosis of PTSD was prevalent for returning soldiers. It is real and devastating for most who serve in a war.

PTSD can lead to alcohol abuse, drugs and uncontrolled anger. It has now been determined that suicide is the leading cause of Vietnam veterans' deaths.

The U.S. now accepts

Vietnam vets for their service. They have been given a memorial wall and some benefits for what they endured, although not enough. No amount of recognition will heal the scarred lives or the unending anguish of a Vietnam veteran.

#### Visit the Citrus **Heights Veterans Community Center on Memorial Day**

The nonprofit Citrus Heights Veterans Community Center, open since 2013 and run completely on donations, is a gathering place for all Sacramento County vets. The center helps all Sacramento County veterans and their families gain access to free services and programs for disabilities as well as provide a safe place for them to gather, enjoy a meal and share their stories.

The center is open 9 a.m. to 1 p.m. Tuesdays through Fridays at 6921 Sylvan Road. For more information, call 916-806-4852 or go online to veteranscommunitycenterch.com or facebook.com/Veterans CommunityCenter.

The Citrus Heights Veterans Community Center will hold its free annual Memorial Day concert from noon to 1 p.m. Monday, May 26, Memorial Day, featuring the Citrus Heights Marching Band. The concert is open to the public and to all ages. ★

#### **2025 STARS Hall of Fame** and Awards Open for Nominations

San Juan Education Foundation News Release

SACRAMENTO AREA, CA (MPG) - Creating connections, inspiring collaboration, and cultivating community, the mission of the San Juan Education Foundation is to harness the combined power of philanthropy and partnership to propel student achievement and enrich the lives of educators. Founded in 1991, they provide support through the PROPEL Grant Program and a broad scholarship portfolio.

The San Juan Education Foundation is now accepting nominations for the 2025 STARS Hall of Fame and Special Recognition Awards, honoring the people who make the San Juan Unified School District shine.

These annual awards celebrate the remarkable alumni, educators and community partners who exemplify innovation, leadership and excellence, and who represent the very best of San Juan Unified.

They invite our entire community to help recognize outstanding individuals in one of three categories:

STARS Hall of Fame is a distinguished San Juan Unified alumni who have made a lasting impact in their professions and communities. Legacy STAR Award (new in 2025) is dedicated to former San Juan Unified educators, classified or certificated, whose lifetime of service has shaped generations of students. Bryan McKrell Shining STAR Award is for Individuals or organizations whose exceptional contributions have elevated the mission of the foundation or district.

Honorees will be celebrated at the San Juan Education Foundation's annual gala "An Evening with the STARS" on Oct.

Nominate someone who inspires you and help shine a spotlight on those who make our community exceptional.

Submit your nomination by June 22 and learn more at sanjuaneducationfoundation.org/.

# Youth, Dedication and Innovation Honored

# 2025 DOVIA Volunteer Awards Ceremony

By Ornella Rossi

SACRAMENTO REGION, CA (MPG)

- Volunteer leaders and advocates gathered May 14 at The Center at District 56 to celebrate the 2025 Directors of Volunteers in Agencies (DOVIA) Awards Ceremony, honoring exceptional contributions in volunteerism across the Sacramento region.

DOVIA Sacramento, a professional association that supports volunteer managers and leaders, recognized outstanding individuals in three categories: Youth Volunteer of the Year, Individual Volunteer of the Year and Volunteer Manager of the Year.

"Our mission is to help people who are volunteer program managers with their jobs," said Leslie Fritz, DOVIA vice- chair. "I want attendees today to take away from this event the richness we have in the community. And maybe if we can continue to show that richness, it won't slip away."

This year's event recognized 23 nominees across all categories. Each nominee received a certificate from Sacramento County Board of Supervisors representatives, including Supervisors Phil Serna (District 1), Rich Desmond (District 3), Rosario Rodriguez (District 4), and Pat Hume (District 5).

Among the 11 youth nominees, Raymond Ran and Nicole Wang, both seniors and volunteers at the Sacramento Public Library's Arcade Branch, were named Youth Volunteers of the Year. The duo co-founded a weekly drop-in coding club for tweens, the first of its kind at the branch, helping dozens of children and their families engage with STEM (Science, Technology, Engineering, and Mathematics) education in a welcoming, community-driven environment.



DOVIA staff and volunteers beam with pride after another successful Volunteer Awards Ceremony.

"The most rewarding part is definitely watching the kids learn throughout the program and better understand the coding concepts," Wang said.

Ran added, "We didn't do this project because of an award but it is nice that we got it. We didn't even know we had been nominated so that was a surprise. It responding to questions."

was cool seeing the kids gradually get better and faster at Their nominator, librarian Molly Millazzo, was

struck by their initiative and professionalism. "I have never had volunteers who came to me with such a

complete idea and were so com-

mitted to following it through,"

Millazzo said. "It even gave me ideas for how to better work with the youth we serve." Lisa Couper, a longtime

docent for the Sacramento Valley Conservancy, was honored as Individual Volunteer of the Year. Since 2011, Couper has led public education efforts at Deer Creek Hills Preserve, bringing passion and deep environmental knowledge to every hike and program.

"My volunteering started from wanting to preserve that open space and how critical that open space is," Couper said. "I didn't even know about the nomination,

so winning is an even bigger

surprise. It's nice to have the

volunteerism recognized but the

recognition is not why I do it." Karly Towne, outreach coordinator at the Sacramento Valley

Conservancy, praised Couper's commitment. "Lisa is an easy person to nominate. If I have any sort of

activity, any questions, Lisa

is always there. She can do anything and be anywhere," Towne said. Hollis Sweet, volunteer manager at the Sacramento LGBT Community Center, was named Volunteer Manager of the Year for his transformative leadership

in expanding and enhancing the

community center's volunteer

and internship programs. Under

his guidance, the community

center now supports more than

400 volunteers across daily services and major events such as Sacramento Pride.

"When I am building a volunteer system, there are two steps I always try to keep in mind: is it going to reduce barriers and is it going to provide a meaningful opportunity?" Sweet said. "I want volunteers to have a good time and know they are having a positive impact. I'd continue this work without the award but it sure feels nice to be recognized."

Luis Cortes, the community center's chief development and external affairs officer, emphasized Sweet's impact.

"We really wouldn't be able to do half of what we do without him," Cortes said.

The nominees for Youth Volunteer of Year included Ethan Minton of E Train Talks, Inc.; Hadash Perez, Monica Castillo, Ran, Wang, and Sofia Guo of the Sacramento Public Library; Inta Rasmusson of Vitalant; Mary Sauedo and Sofia Maltease of WEAVE; Sara Matoba of WEAVE; and Siri Robinson of Mercy Hospital of Folsom.

For the Individual Volunteer of the Year category, nominees were Amy Labowitch of the Elk Grove Chamber of Commerce; Ann Taniguchi and Kathy Tourtillott of Vitalant; Brandon Whittle of Lavender Library; Carol Cacy, Julia Mee, and Terri Halahan of Court Appointed Special Advocates (CASA) Sacramento; Harry Weller of the American River Parkway Foundation; Joanna Johnson Felt of the American Red Cross; and Couper of the Sacramento Valley Conservancy.

The nominees for Volunteer Manager of the Year were Athena Di of CASA Sacramento and Sweet of the Sacramento LGBT Community Center and Sacramento Pride.

# **Hoover Wants Folsom Lake Reopened to Decontaminated Boats**



Josh Hoover

Josh Hoover News Release

SACRAMENTO, CA (MPG) -Assemblyman Josh Hoover (R-Folsom) announced that he has joined Congressman Kevin Kiley, Senator Roger Niello, and Assemblyman Joe Patterson in sending a letter to the U.S. Bureau of Reclamation (USBR) and the California Department of State Parks regarding the ongoing closure of Folsom Lake to motorized boats and the handling of the invasive golden mussel.

Despite having knowledge of the golden mussel threat for over six months, the relevant agencies did not inform the public of the new boating restrictions until April 7. While Assemblyman Hoover and his colleagues share the commitment to protecting the local environment and water delivery systems, they expressed serious concerns about the lack of preparation and the resulting economic harm to

The letter specifically calls on the U.S. Bureau of Reclamation and State Parks to:

the region.

Authorize decontamination procedures similar to those already implemented at Lake Tahoe.

Immediately reopen Folsom Lake to all boats that have been properly decontaminated.

Develop a coordinated system allowing watercraft seals issued after decontamination or quarantine to be recognized at multiple lakes.

"The residents of our region deserve better than an abrupt closure when other options exist to safely open the lake," said Hoover. "We must protect our waterways from invasive species, but we can and must do so in a way that maintains recreational opportunities and supports our local economy."

Hoover remains committed to working with local, state, and federal partners to ensure Folsom Lake is reopened safely and responsibly.

Josh Hoover represents Assembly District 7, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale, and Rosemont.

# **Keeping Pets Safe in the Heat: Essential Tips for Pet Owners**

Continued from page 1

have plenty of shade and cool drinking water. Indoors, use fans or keep them in an air-conditioned room to help them stay comfortable. A cooling mat or damp towel on the floor can also help pets beat

Use pet-safe sunscreen for pets with light-colored fur or exposed skin, especially on the nose and ears, as they can get sunburned. Use a veterinarian-approved pet-safe sunscreen to protect these sensitive areas, especially if they spend time outdoors.

Not all pets are natural swimmers. Always supervise pets around pools or open water and consider using a pet life jacket. Avoid strong currents and cold water, which can cause shock or panic.

Know the signs of heatstroke by recognizing symptoms early, which can save your pet's life. Symptoms include excessive panting or drooling, glazed eyes, a rapid heartbeat, vomiting, lethargy and collapse. If you suspect heatstroke, move your pet to a shaded or cool area immediately and seek emergency veterinary care. Gradual cooling is best; use a damp towel or gently mist them with water while you wait for help.

To stay informed and prepared for more hot weather pet safety tips and information on how to recognize heat-related illnesses in animals, visit the Sacramento County Animal Care Services website at animalcare.saccounty.gov/Pages/default.aspx.

Looking to adopt a pet? Come meet your future best friend at 3839 Bradshaw Road in Sacramento. The shelter is open from noon to 5 p.m. Tuesdays through Sundays and from noon to 6 p.m. Wednesdays.

To license your pet, report a lost or found animal or learn about other available services, visit BradshawShelter.net.★

# Fair Oaks Village BBQ and Fundraiser

Fair Oaks Village **Enhancement Committee** News Release

FAIR OAKS, CA (MPG) - Get ready for a mouthwatering evening in the heart of the Fair Oaks Village. The seventh annual Benefit barbecue is back, bigger, tastier and more fun than ever from 5 to 9 p.m. June 14 at The Hut, located at 7973 Park Drive in Fair Oaks.

This beloved community tradition brings friends, families and neighbors together for a great cause.

There will be a homemade barbecue feast for the community to enjoy slow-cooked favorites, secret family recipes and all the fixings made by local

Live music will also be available for attendees to kick back and listen to the sounds of talented local bands and feel the rhythm of summer in the Fair Oaks village.

Also happening on June 14 at the barbecue and fundraiser will be an epic silent auction and raffle prizes. The Fair Oaks Village Enhancement Committee's silent auction and raffle feature prizes donated by local businesses and community members. All proceeds go



There will be a homemade barbecue feast for the community on June 14 to enjoy slow-cooked favorites, secret family recipes and all the fixings made with love by local volunteers. Photo courtesy of the Fair Oaks Village Enhancement Committee



The Fair Oaks Village Enhancement Committee's silent auction and raffle feature prizes donated by local businesses and community members. Photo courtesy of the Fair Oaks Village

directly to support important Fair Oaks community projects, so every bite, beat and ticket supports a better village for everyone.

Tickets are limited, get yours today and be part of something special. Bring your appetite, your dancing

shoes and community spirit. For any questions about the event or about tickets, contact Nan Danford at NanDanford@gmail. com or by calling

916-295-4151.

The Fair Oaks Village **Enhancement Committee** works together with property owners, business owners, the Fair Oaks Village Merchants Association, Sacramento County and other stakeholders to develop and implement a plan of improvements that enable the Fair Oaks Village to increase its viability as a thriving business district.★

# **Scholarships for Students**

Continued from page 1 and computer equipment. Since 2022, approximately \$1 billion in CalKIDS Scholarships have been made available to more than 2 million of California's public high school students.

For students like Estuardo from San Francisco University, the CalKIDS Scholarship was a game-changer.

"I was absolutely surprised...I didn't know I could have money for school just like that. I used my funds for tuition...it took a big load off my back. Now I can finally focus on my education," said Estuardo.

Sacramento County has made efforts to ensure students and families are aware of and claim their CalKIDS accounts. The ScholarShare Investment Board has worked diligently to establish strong partnerships with local high schools, school districts, community-based organizations and financial aid directors at community colleges and universities. Partners like Sacramento California Student Opportunity and Access Program Consortium (Cal-SOAP) play a vital role in spreading awareness and helping students access the funds available to them.

Claiming a CalKIDS Scholarship is quick and easy. Families simply need the student's Statewide Student Identifier (SSID), a tendigit number which can be obtained by contacting their school



directly. Once they have

the Statewide Student Identifier, parents or students can visit CalKIDS. org to check eligibility and claim a scholarship account in just minutes. The funds can be

used at accredited colleges, universities, trade schools and career programs across the country. Once enrolled in a higher education program, students can log into their CalKIDS account to request a distribution directly to their school to cover qualifying educational expenses.

"Studies show that students with just \$500 or less set aside for college are three times more likely to attend college and four times more likely to graduate," said Executive Director Cassandra DiBenedetto. "CalKIDS Accounts are more than financial assistance, they're an investment in students'

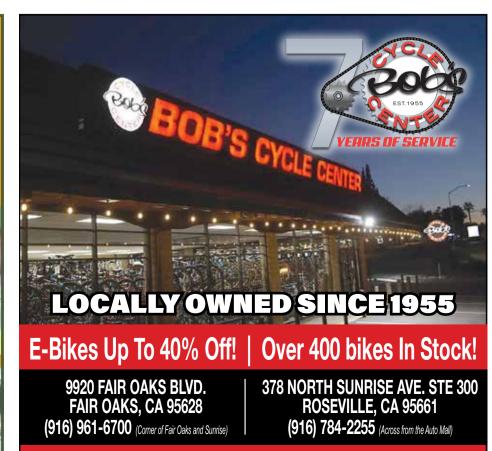
futures, and we want to give every one of these students a reason to believe in their path to higher education.'

With roughly one in two Sacramento County public school students eligible for a CalKIDS Scholarship and key college decisions and financial aid deadlines approaching, now is the time for students and families to check their eligibility and claim their scholarship account.

For more information on eligibility, scholarship amounts and how to claim a CalKIDS Scholarship account, visit CalKIDS.org.

California TheKids Investment and Development Savings Program (CalKIDS) is the nation's largest child development account program, providing scholarships for higher education. To learn more, visit CalKIDS.org.





bobscyclecenter.com

# SacRT Launches Tap2Ride Contactless Fare Payment Option

Sacramento Regional Transit District News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) is introducing a new, easier way for riders to pay their fares. On April 1, SacRT launched Tap2Ride, a contactless fare payment system on all buses and SacRT GO paratransit service vehicles.

With Tap2Ride, riders can use their contactless debit or credit cards or mobile wallets to quickly and securely pay their fare when boarding. This eliminates the need for cash or paper tickets, making transit more convenient than ever before. Cash, along with all other current forms of valid fare, will continue to be accepted.

"SacRT is committed to making transit easier and more accessible for everyone," said Henry Li, SacRT General Manager/CEO. "Tap2Ride is a major step forward in modernizing our fare payment system, giving riders the speed and convenience they expect while improving efficiency across our network."

Since April 1, riders can tap their contactless Visa or Mastercard credit/debit card or mobile wallet (smartphone or watch) on Tap2Ride devices installed on all SacRT vehicles.

Phase 1 of the Tap2Ride program offers riders the benefits of daily fare capping and 90- minute free transfers between bus routes similar to Connect Card. Riders simply tap their contactless payment option to



contactless fare payment device is now on all SacRT buses. Photo courtesy of Sacramento Regional Transit District

the device upon boarding the bus and the Tap2Ride system will select the best fare (single ride or daily pass) based on their travel for the day. Riders can also continue to use contactless payment at light rail station vending machines. During this phase, fare transfer benefits between bus and light rail will not be available when using Tap2Ride.

In late 2025, SacRT will

launch Phase 2 of Tap2Ride, allowing riders to transfer seamlessly between buses and light rail using the same contactless payment method, with transfer benefits applied automatically. "Cal-ITP is proud to part-

ner with SacRT in making transit fare payments more convenient and accessible," said Gillian Gillett, Chief of Caltrans' Data and Digital Services Division and Program Manager of California Integrated Mobility. "This system enhances mobility by offering a secure, seamless way for riders to pay while ensuring those who qualify for discounts receive them

automatically."

Eligible riders can receive a 50% discount on basic fares through Tap2Ride. Discounts are securely linked to a rider's contactless payment card through the California Integrated Travel Project (Cal ITP) web tool, allowing for automatic fare reductions without the need for in-person verification. Riders can apply for their discount online at benefits. calitp.org.

"Digital ID is an important component of smarter and better-connected public services," said State Chief Information Officer and Director of the California Department of Technology Liana Bailey Crimmins. "California's Digital ID Framework is making it easier for riders to access the benefits they're entitled to, no paperwork and no hassle, just a giant step toward a future where digital services make life easier for everyone."

Tap2Ride offers a fast and easy way to pay for fares, riders simply tap their card or mobile wallet to board, eliminating the need for cash or paper tickets. The program also provides secure discount verification, allowing eligible riders to link their payment card to their discount through Cal-ITP. For added flexibility, riders can continue to use the Connect Card or ZipPass app if they prefer. All of SacRT's current payment methods are still available, and Tap2Ride serves as an additional option for fare payment. For more information, visit sacrt.com/

# Discover Your Family History at the Family History Discovery Seminar

Free Expert Seminar June 5

By Patsy McGavock, JustServe.org

ORANGEVALE/CITRUS HEIGHTS, CA (MPG)

- Local residents are invited to explore their roots at the upcoming Family History Discovery Seminar, hosted by the Orangevale, Citrus Heights and Santa Juanita congregation wards of the Church of Jesus Christ of Latter-day Saints.

The free event will take place Thursday, June 5, at 7 p.m. at 8066 Oak Ave. in Citrus Heights.

"Anyone curious about their ancestry, regardless of experience, is welcome," said Kerry Miller, one of the event organizers. "It's for anyone interested in exploring their family history and learning the tools available to discover ancestral connections."

Expert speakers from the Sacramento FamilySearch Center will offer tips on

building a family tree, navigating online genealogy tools, and preserving personal and family memories.

Breakout sessions include writing and recording memories, research tasks and record merging, using FamilySearch and other major sites, and accessing Ordinances Ready.

Attendees can also visit informational displays and receive personalized assistance to help kick-start their family history journey or uncover a line they've been searching for.

"This seminar is an excellent opportunity to learn more about your heritage and discover new connections," said Kevin Nartker, a temple and family history leader. "Whether you're just starting out or deep into your research, there's something here for everyone."

Light refreshments will be served.





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#### COMMUNITY CONNECTION

Informing, Empowering and Engaging Readers with Their Community



#### By Patsy McGavock JustServe.org

ORANGEVALE/FAIR OAKS, CA (MPG) - Can the Garden of Eden exist in your backyard? In Orangevale and Fair Oaks, the seeds of a food-sustainable community are already being sown.

"To me, a food sustainable community is one where local residents have meaningful access to fresh, healthy food," said Laura Schaub, director of Permaculture Fair Oaks and owner of Ranch Handy Design, "and where as much of that food as possible is grown, shared and enjoyed close to home."

It's a vision rooted in resilience and powered by connection.

"It's about being less reliant on long supply chains," Schaub said, "but also about building stronger ties between neighbors, farmers and gardeners."

The Orangevale Fair Oaks Food Bank Farm is central to this vision. Farm manager Lacey Yuke draws a contrast between local stewardship and corporate food production.

"We're not producing for quarterly returns," Yuke said. "We're growing for dignity, for health and for community."

Having worked 1,000-acre corporate farms where food is ground, jarred and shipped, Yuke reflected: "Here, the food goes where it's needed. It's fresh. It's beautiful. People say when they receive it, 'Eating this food makes me feel special."

Vicki Hart, president of the Orangevale Garden Club, wants everyone to feel that

"We encourage people to grow things, remove barriers, get plants out to the community. Our sharing tables have been very popular. Giving someone a plant for free removes a barrier," Hart said.

The Garden Club focuses on those in the "middle space," who don't receive assistance but still struggle to access fresh, healthy food.

"We're lowering the entry barrier by teaching people how to make their gardens sustainable and stretch their resources, like saving seeds from tomatoes to grow and share more plants," Hart said. "People don't often think about that cycle. Plants

live to create more plants." **Abundant Generosity:** 

#### The Beginnings of a Food-Growing, Food-Sharing, Food-Sustainable Community

#### **Connecting the Dots**

Hart is connecting local resources through a simple belief: "Extreme generosity begets extreme generosity."

For example, when the Food Bank Farm recently had extra tomato plants, they donated them to the Garden Club's sharing table. Volunteers potted leftover plants in disposable cups, and more than 100 seedlings were distributed to food bank customers.

"There are so many layers in the community that can help connect dots like this," Hart said. "Next year, our goal is to host an event giving away 1,000 plants."

Another dot: seed libraries in 17 Sacramento County libraries, including Orangevale, offer free seeds to anyone, no library card required.

A dot still forming: a home orchard network, a Food Bank Farm project in planning stages. Trees would be planted on a 1/10-acre donated land space, then harvested to share food locally.

#### Begin Small, Grow Big

Schaub said growing food does not need to be overwhelming. Start small and build confidence.

"A pot of basil on your porch can be the gateway to a vegetable bed," Schaub said. More than food, she sees opportunity in transforming how we use land and how we connect.

"We're building something that helps us rely less on long supply chains and more on each other," Schaub said. It's a system that regenerates soil, conserves water, supports pollinators, and fosters community. "The broader vision isn't just food production; it's cultivating a culture of abundance and generosity. Grow enough for yourself, then share the rest."

Yuke added, "that philosophy echoes through a growing culture, gathering momentum in the community."

Yuke says the Food Bank welcomes extra harvests, but notes that harvesting, delivering, and donating can be a hurdle for some.

Hart offers a solution: neighborhood organizers someone on each block who knows about gardening and can collect extra produce or set up a share table.

"Someone neighbors can call. Someone who can connect the dots," Hart said.

Being part of the process brings ownership and accountability. When things are organized, people follow While a system doesn't yet exist, the "community dots" do. You, dear reader, may be the one to begin the conversation and connect the dots with your neighbors.

"If you've got dirt, you can grow food," Hart said. "If you don't, your neighbor might. Share the vision. Talk to them."

#### Learn by Doing: Come Volunteer

Volunteering at the Food Bank Farm or with local gardening clubs is a powerful way to begin.

"The doing teaches the most," said Yuke. Volunteers who start with doubt often become teachers. "Everyone can do something like this—they just need someone to present the opportunity."

Hart added, "sustainability isn't an individual solution. It's a community solution."

By definition, sustainable means it can continue.

"To be sustainable," Schaub said, "it has to become part of who we are as a community. Our hope is that by weaving these threads more intentionally, we'll create a place where growing and sharing food is second nature."

For those seeking education, enthusiasm, and opportunity, several local organizations and resources are available to connect with. Permaculture Fair Oaks holds meetings on the fourth Wednesday of every month and can be found online at permaculture-fairoaks.org.

The Orangevale Garden Club meets on the first Saturday of each month and can be followed on Facebook and Instagram @Orangevale FarmAndGardenClub, or contacted via email at

or contacted via email a ovfgc2021@gmail.com.

Additionally, the Orangevale-Fair Oaks Food Bank Farm offers valuable resources and can be explored further at www.foodbank.farm. For more gardening insights, the Sacramento Master Gardeners at the Fair Oaks Horticulture Center can be reached at 916-876-5338, while Soil Born Farms provides educational content through their website at soil-born.org.

Patsy McGavock is a volunteer community advocate / freelance writer. Connect with Patsy at PatsyMcGavock. JustServe@gmail.com, or soon on Facebook @

or soon on Facebook CommunityConnection.



# Life After Life

Have you ever wondered what is on the other side? You know, when we pass on from this life? I have, and then I ran into an even deeper question. Can souls get stuck crossing over, and if so why, and what can be done? I think I got an answer when I had a Dominican Priest on POPPTALK who has helped some 500 stuck souls cross over, and he's done it for over 30 years. Fr. Nathan Castle helps people who have had a sudden or traumatic death. It could be an accident, suicide and more, and they are suck, so to speak, even though they actually know they are dead. The good Father helps them adjust to life after death.

It began when he was very young and they came to him in dreams seeking healing for what he calls interrupted death experiences. He shares real-life stories that gently dispel common misconceptions about trapped souls and offers comfort to those grieving a loss in his

three-book collection "Afterlife Interrupted." In a way, these encounters became his spiritual calling to bring healing and transformation on both sides of the veil along with spiritual tools to help the living find peace and move forward. I guess you can call it life after life.

Of course I had to ask if these souls talk with him, and the short answer is yes. First, he checks to be sure that the spirit that is contacting him is a true soul and not an evil spirit. He asks for guidance from the Holy Spirit. Then he prays for them. I have spoken with many different folks who have had near death experiences with a variety of different visions of their deaths. Some see a bright light, some enter a tunnel, and some are greeted by family. Some are even told they have to go back because it was not yet their time. Fr. Nathan referred to it as a transformative experience.

We even got into what

is on the other side for us all as we make that transition. It was a real eye opener when we got into the aspects of what we will face. For instance, some souls want to learn more, some want to know if they can keep in touch with their loved ones still on this side. We even touched on the various levels we may go through as we evolve on the other side.

But I got the impression that **Fr. Nathan** feels we need to stay in the present moment and not fear the word death. I added that we probably should also have a sense of humor and live each day the best we can, and he agreed. I also shared with him that I was looking forward to having an AHA moment that reveals all. Who knows? Maybe I can do a talk show on the other side!

If you would like more information on Fr. Nathan and his work, you can check out his website www.Nathan-Castle. Com. SEE YOU ON THE OTHER SIDE! ★



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#### *Publisher,* Paul V. Scholl

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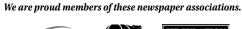
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# Kings Korner By V.G. Harris



Without question the season for the Sacramento Kings ended too soon. I'm a believer that had the front office not panicked and traded away DeAaron Fox, the Sactown boys may very well still be playing.

We will never know if I'm right, but the San Antonio Spurs were the big winners in that deal, and their team is set up for NBA heights heading into next season.

Bringing in Scott Perry to take over the reigns as the Kings new GM bodes well for Sacramento, and I hope BJ Armstrong coming alongside as Perry's assistant will give the Kings someone who can judge talent.

The Kings have consistently misjudged talent in the draft as Sacramento fans are only too aware, so filling your front office with people that can separate the wheat from the chaff is essential if the Kings are to become a playoff team year in and year out.

I listened to the words from Jonas Valanciunas when he told reporters that Domantas Sabonis was rated the third most efficient center in the NBA. Jonas went on to say how much he respected Domantas' game and that he would gladly come off the bench to spell Sabonis anytime. No question these two are good friends, but before the organization blows up the team, it's time to take a deep breath and understand exactly what we have.

First and foremost, value what you have in Domantas Sabonis. Underrated, without a doubt, but never by Kings fans. Three consecutive years leading the NBA in rebounding and the undisputed double-double King, this big man plays both ends of the court and is among the most durable players in the NBA. Any talk of trading Sabonis should be squashed immediately. Build around Sabonis and Valanciunas and let these two gladiators show Sacramento how the paint should be played.

Just as Mike Brown saw promise in Keon Ellis and brought him along, so should Doug Christie work with Isaac Jones. In Jones short time in the G-league he excelled and is perhaps the most athletic player on the Kings squad, with tremendous jumping ability and is a natural shot blocker. Playing alongside Sabonis and Valanciunas Jones could be a real asset, and he has a nice offensive game and touch around the rim as well.

I'm hoping the new brain trusts looks closely before making any hasty moves. There is real talent on this Sacramento team that never really had time to gel.

I look for Keegan Murray to take a step forward and in his fourth season put it all together. He has the talent and shooting ability to do that, and I believe he can once again claim the 3-point land and bring his percentage to something north of 40%.

Jake LaRavia was a nice find and playing alongside Keon Ellis gives the Kings the defensive presence they've been look-

Devin Carter needs more time, but his athleticism is unquestionable. Can he be the point guard the Kings need and are looking for? Remains to be seen, and if the Kings find a starting point guard via trade in the offseason, Carter remains a capable backup and can provide consistent minutes every game.

The message remains, don't panic!

NBA GM's can smell blood in the water, and sometimes the most difficult thing to do is have patience. That doesn't sell tickets, but this is Sacramento, home to the best basketball fans in the NBA.

Scott Perry and BJ Armstrong have to build a new image in Sacramento, and that means an organization that won't be taken advantage of. No more giving away quality players like Davion Mitchell for nothing in return, and certainly not trading away the face of your franchise.

There is a new day dawning, and making the assumption that Vivek Ranadive is going to let Scott Perry do his job without interference, the 2025/2026 season could be a pleasant surprise for many fans. I will say it again, there is talent on this

team! Let's see if Doug Christie and Bobby Jackson can harness some of the skills they enjoyed as NBA players and teammates and let that translate into coaching. The opportunity is here for a new coach-

ing staff and a new front office to show what

Don't lose your excitement, Kings fans. The best is yet to come!

All the best!

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

## **Social Security Matters**

#### Must I take Medicare Part A even if I have VA or Medicaid Coverage?



AMAC Certified Social Security Advisor

Dear Rusty: Does everyone need to sign up for Medicare part A, even if you are ex-military? Or only on Medicaid, regardless of whether you are eligible for Social Security or not? Also is there a cost for just part A? Signed: **Confused Senior** 

Dear Confused: FYI, there is no cost for Medicare Part A (inpatient hospitalization coverage) for those who are also eligible for Social Security benefits. And it is mandatory to enroll in Medicare Part A if you are age 65 or over and are collecting Social Security benefits. If you are ex-military and get all your healthcare services from the VA, you must still enroll in Medicare Part A (which is free) to collect Social Security benefits after age 65.

Enrollment i n

Medicare Part B (which is healthcare coverage for outpatient services) is always optional because there is a premium associated with Part B. But if you receive all of your healthcare services from the VA, you can – if you wish - decline Medicare Part B and, thus, save the monthly Part B premium. Enrolling in Medicare Part B when you get all your healthcare services from the VA is a matter of having the convenience to choose any healthcare provider you wish (versus using only

VA healthcare services). If you receive Medicaid benefits, and are also eligible for Medicare, you should probably enroll in both Medicare Part A and Part B (Medicare would be primary payor and Medicaid the secondary payor). You would be considered "dually eligible" and likely exempt from most healthcare costs with coverage from both programs. That said, it is sometimes not mandatory to enroll in Medicare Part B to get Medicaid benefits, but each state has separate Medicaid eligibility rules. Thus, you should check with your state's Medicaid office to see if it is mandatory to take Medicare Part B to keep your Medicaid benefits. FYI, in most instances, Medicaid will pay your Medicare Part B costs, so there is little reason not to enroll in Medicare Part B while on Medicaid. Regardless, enrollment in Medicare Part A is required to collect Social Security benefits after age 65.

I would like to thank you for your service to our country and also assure you that we are always here for you if you have any further questions.

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visory) or email us at ssadvisor@amacfoundation.org.



#### The On-Again, Off-Again Trade War Never Mind.

President Trump's 145% tariffs on China ran smack into Stein's law, the late economist Herb Stein's famous axiom that "if something cannot go on forever, it will stop."

What was effectively an instant embargo on the biggest importer into the United States wasn't sustainable, and sure enough, it's not going to be sustained. The U.S. and China have mutually agreed to back off a tit-for-tat trade war that quickly spiraled into territory that meant wanton economic destruction for both sides.

The U.S.-China trade relationship wasn't built in a day, and it couldn't plausibly be ended over a few days via presidential Truth Social posts, either.

During a 90-day pause, the U.S. is taking its tariffs down from 145% to 30%, while China is dropping from 125% to 10%. If it always seemed likely that there'd be a fig-leaf deal with China, there isn't even a fig leaf here -- just a promise to keep talking and perhaps fashion one later.

The problem with tariffs is that they are a way of harming a foreign trade partner via imposing pain on your own businesses and consumers. The 145% tariff was hitting Beijing

hard but also was due to impose severe costs on U.S. concerns dependent on Chinese manufacturing.

Small businesses were looking at potential extinction and retailers warning of empty store shelves. When the president of the United States is musing about little girls having to do with fewer dolls, it's not a reassuring signal about the direction of U.S. eco-

nomic policy.

We've imposed embargoes on foreign countries before -- for instance, the so-called ABCD encirclement that cut Japan off from raw materials during the early stages of World War II. But we were about to go to war with Imperial Japan, whereas one hopes we won't be engaged in active hostilities with China any time soon.

While markets are relieved that the 145% tariffs are off for now, we aren't in a great place. A 30% tariff on China, plus the other tariffs that are in play around the globe, mean we still have lurched into the highest U.S. tariff regime since the 1930s.

Earlier this year, there was a surge of imports in anticipation of Trump's tariffs, in the phenomenon known as front-loading. Then, imports were basically shut off as the 145% tariffs took hold. And now there will be more front-loading to avoid what comes next.

An on-again-off-againon-again approach forces U.S. economic actors to deal with wildly gyrating uncertainty for no good reason. Who knows what will happen in 90 days?

The Soviet Union was governed by Five-Year Plans; now, we are governed by 90-Day Pauses.

Trump prides himself on his deal-making, but he hasn't gotten anything from the U.K. or China over the last week that he couldn't have achieved with much less disruption. We could have gotten an outline of a trade deal with the Brits by working with them behind closed doors. and we could have gotten a 30% tariff on China by imposing one at the outset,

rather than 145%. There is no doubt that China is a hostile power and bad economic actor, and we should be putting our relationship on a different basis. The risk is that Trump has, by tariffing everyone, friend or foe, made it harder for us to deepen relationships with our allies and isolate our adver-

As Robert Atkinson of the Information Technology and Innovation Foundation points out, the current tack will also hamper the most strategically important, technologically advanced U.S. firms that are all globally integrated. The Trump tariffs will increase their costs by making imported inputs more expensive, while limiting their foreign markets by inviting foreign retaliation for Trump's tariffs.

This is not a winning formula, and if China gets an upper hand as a result, there will be no easy do-Rich Lowry is editor of

the National Review. (c) 2025 by King Fea-

tures Synd., Inc.

This is the Crab Nebula. It's what's left over from a su-

pernova that happened in 1054. Ancient astronomers in

China and Japan wrote about seeing it. The blue glow in

the middle is from the neutron star that formed after the

supernova. Image: NASA/ESA

#### What is a Supernova?

- Grady, 7, Oklahoma

Dear Grady,

I was exploding with excitement to ask my friend Guy Worthey about supernovas. He's an astronomer at Washington State University.

He told me a supernova is a very energetic explosion in space.

There are different kinds of supernovas. One kind—called a type II supernova happens when a really big star dies.

"Why would a star bother to blow up?" Worthey said. "It seems dramatic. Human beings don't blow up when they die."

But humans don't have cores that do nuclear fusion. Deep inside a star, protons and neutrons bang together and make

new chemical elements. That nuclear fusion is why stars shine.

Our sun is a smaller star. It only fuses hydrogen and makes helium. When the hydrogen runs out, it'll start fusing the helium. Someday—about five billion years in the future—the sun will run out of energy and start to die. But it's not big enough to supernova.

To do that, a star needs to be at least eight times heavier than our sun. Those high-mass stars fuse all kinds of stuff in their cores—like carbon, neon, silicon

"They end up building this central part that's full of ashes from all those fusion episodes," Worthey said. "And that's not stable. It collapses under its own weight, and then there's kind of a bounce that comes out. That causes some more runaway fusion, and that

propels this explosion." Inside the supernova, particles keep banging together. That makes heavy elements—like iron. The explosive power of a supernova throws elements out into the universe. That's how those elements ended up on planet Earth.

Without supernovas, we wouldn't have oxygen in the air. We wouldn't have iron in our bodies to transport that oxygen. We wouldn't have most other

elements—like silicon that powers the device you're using to read this.

A supernova leaves behind a black hole or a neutron star. They both cram lots and lots of mass from the dead star into a super small space. That gives them tons of gravity. It's why they're so weird and interesting. Like how black holes are invisible because light can't escape their gravity. Or how one teaspoon of a

neutron star weighs as much as ten million cars.

Another kind of supernova is called type I. That happens when two stars orbit each other. One star may start siphoning the matter from its companion star—basically stealing its mass. Eventually, the star will lose so much that it collapses and explodes. A type I supernova can also happen when two stars collide.

These supernovas are more common and extra bright. Astronomers use their bright light like a ruler to measure distances in space. But a supernova isn't something astronomers see

"Supernovas don't happen that often," Worthey said. "We're kind of overdue for a supernova in our

galaxy—which is exciting." Nobody knows which star will supernova next. It's

going to be an explosive surprise.

Sincerely,

Dr. Universe

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**Dave Ramsey** 

Dear Dave.

How much money do you recommend budgeting or setting aside for maintenance and repairs to your home, especially if it's an older home? Our house is in pretty good shape, but you never know when something might go wrong, or how often different things will need to be addressed at this point.

- Brent

Dear Brent,

I love that you're wanting to plan ahead. Some home repairs aren't very expensive, but others can take a huge chunk out of your bank account. Whether you directly budget for things like this, or set up a sinking fund for home maintenance, it's always a good idea to be financially prepared. You've got to protect your home.

Honestly, I don't really have a specific formula

#### **Dave Ramsey Says**

#### **An Ounce** of Prevention

to determine this sort of thing. But I'd make sure I always look at it from a realistic point of view. For starters, you might start with a peek at your checkbook over the last few years to see what you've spent on maintenance and repair issues. If you've had a new roof put on in the last few years, that probably won't be an issue for a good, long while. But if it's starting to look worn, that'll be a big expense you'll want to figure into your savings plan.

Taking care of a home is kind of like taking care of a car. A lot will depend on the age and overall condition of the house. If you're driving an older model car, you'd expect to put more money into it over time, right? It's the same principle with houses. The older the structure, the greater the likelihood you're going to have things go wrong. And that, of course, means

pumping money into it.

A home is the biggest single investment most people make in a lifetime. So, I'd also recommend giving your house a good going over, inside and out, every six months or so. Preventative steps like this will go a long way toward assessing what may be needed now and what might pop up in the future.

Great question!

- Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of The Ramsey Show. He has appeared on Good Morning America, CBS Morning, Today, Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.

# **Mathnasium Opens in Citrus Heights**



Mathnasium, a new after-school mathematics tutoring center serving Citrus Heights and nearby Fair Oaks, celebrated its grand opening with a public ribbon cutting ceremony on

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Mathnasium, a new after-school mathematics tutoring center serving Citrus Heights and nearby Fair Oaks, celebrated its grand opening recently with a public ribbon cutting ceremony.

"The center provides an opportunity for students who may need a little extra support to achieve "math mastery" with a comfortable setting where they can truly give themselves a workout," said center owner Prashanth Muthyala.

Muthyala and Jonathan Trott, center manager, welcomed Fair Oaks Chamber of Commerce representatives and state, county and federal elected officials April 14 to tour the center at the Alta Sunrise Retail Center in Sunrise MarketPlace, 5450 Sunrise Blvd., Suite D.

"Mathnasium was open in Fair Oaks from 2002 to 2023 before its owner then decided to retire," Muthyala said. "I saw an opportunity to reopen the franchise and found that this location would serve the students in Citrus Heights and Fair Oaks well."

Despite opening to the public well into the school year, the center's current enrollment is off to a good start, Muthyala said, with a mix of 22 public and private school students. A summer tutoring program is planned.

Muthyala said he looks forward to bringing the Mathnasium method of instruction to the local community.

Its programs are generally designed to help kindergarten to 12th-graders of all skill levels build solid foundations for math mastery, while transforming how they think and feel about math.

"That's a critical concern," Muthyala said. Center instructors are a mix of high school graduating seniors and area college students, all of whom must successfully pass a math proficiency examination and demonstrate scholarship in math before completing an extensive instructor training program, according to Muthyala.

The student-to-teacher ratio is typically one-to-one, he said. Time is set aside during sessions specifically for homework help. "Most students have the potential to be

good at math. Some just don't know it yet," Muthyala said.

A verbal and written assessment is conducted at the center to identify strengths and areas for improvement as well as to gain a true understanding of how each student approaches and thinks about math, according to a company representative.

Each student typically pays a flat enrollment fee to participate in its program and students attend regularly, much like a gym membership.

Personal instruction is then customized

following the initial assessment to the student's own specific learning style. Transforming students' attitudes toward

math and the way they understand it is the most critical step to build their confidence, Muthyala said.

Mathnasium of Fair Oaks at 5450 Sunrise Blvd., Suite D, Citrus Heights is open for instruction from 3 to 7 p.m. Tuesdays through Fridays and from 10:30 a.m. to 2:30 p.m. Saturdays. Call 916-500-0443 for more information or to schedule a free student assessment. Visit online mathnasium. com/math-centers/citrusheights for more information.

### **LETTER TO THE EDITOR**

# Don't Be Misled by TV Blitz

I hope your readers aren't misled by the television blitz organized by the Western States Petroleium Association (Big Oil) in its attempt to counter efforts to hold pollut-

unhealthy, increases the frequency and intensity of fires, floods, and heat-related deaths. Echoing the playbook of the cigarette manufacturers, Big Oil denied and obscured these adverse global effects. Now, their tactic to avoid responsibility for the damage they cause is to threaten us with higher prices for things such as air conditioning and food, the very problems fossil

For decades, fossil fuel companies' scientists knew that their industry makes our air

fuels caused, through unusual heat waves, smog and drought. However, Californians are already paying for reduced health and damage to homes. As a physician, I've seen air quality affect the most vulnerable amongst us, those with heart disease and lung conditions. I am convinced that we need those companies that

do us the most harm, lying to the American people in the course of doing business as usual, own up to the financial cost of this damage, and hopefully take meaningful steps to reduce future damage. FEMA may soon be shuttered, and California may soon have less federal aid to

"Polluters Pay" legislative proposals (AB1243 and SB 684) assign fees on fossil fuel companies to create a climate superfund to mitigate and recover from climate harms. We need to let our representatives know that we won't be fooled by scare tactics from

address repairing damage from the consequences of the fossil fuel industry. Two

Big Oil. Californians can't afford and shouldn't have to pay for the damage polluters knowingly cause. Please encourage them to have their representatives support Assembly Bill 1243 and Senate Bill 684.

- Howard Homler MD, Fellow American College of Physician. Orangevale/Fair Oaks

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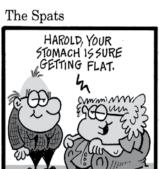
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# COMICS & PUZZLES

























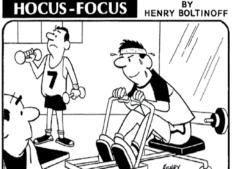


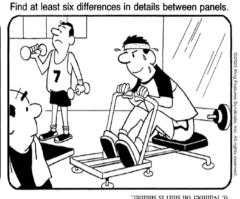




Out on a Limb

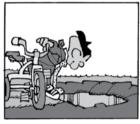


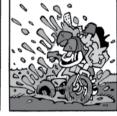




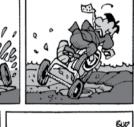
Differences: 1. Stripe on sock is missing. 2. Foot is moved. 3. Nose is smaller. 4. Towel is longer. 5. Hair is different. 6. Number on shirt is smaller.

#### TIGER









KARRIAS

by BUD BLAKE





"You've got some explaining to do, Figby! What did I mean by this?

30

39

43

50

© StatePoint Media

short for Antoinette

38. Swaziland native 40. \*"\_\_\_\_ of Aquarit

Menlo Park



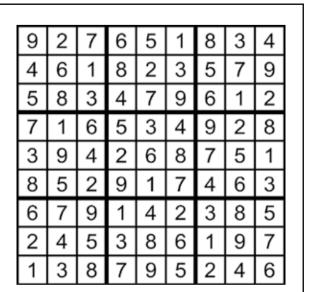
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#### **CLUES**

ACROSS

14. Wore (2 words)

USA

21. Entertain

poem, pl. 26. Snakebirds

43. Inference of similarity

alphabet

50. Altar location

Musical, with The

57. To, archaic 58. Small cave

59. Cocaine-producing plant, pl.

60. Diagnostic test 61. Biblical Isaac's

63. Craggy peak 64. Tear

1. Circumstance's partner 2. Lab gel

Carreras, e.g.
4. "Where the Wild Things

Are" author
5. Plural of #13 Across

6. Social media button

7. Not his

9. Barbara of "I Dream of

Jeannie" 10. \*Private box

11. Double helix-shaped structure

13. Emile Zola's "J'

14. What helicopter

22. Black gunk

23. Tapa, alt. sp. 24. "Encore!"

28. Re-equip

Jean, a.k.a. Marilyn Monroe 26. Don't let this hit you on

the way out 27. Use the other end of a pencil

29. \*Rodgers' and Hammer-stein's "\_\_\_\_ Pacific" 32. \*Award nickname,

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1. Benatar and Morita 5. Certain tray contents 8. In custody

12 \*Main character in Shrek the Musical

based on 2001 flick 13. Soreness

15. Street in Anytown,

16. Burn to a crisp

17. Opposite of alpha 18. \*Musical with most

Tony Awards, with The 20. Grape holder

22. \_\_\_ Aviv 23. Unrhymed Japanese

30. Opposite of hence 31. Shooting star

34. Milk's favorite cookie

35. Zoroaster follower 37. A Beatle bride

38. Mix-up 39. Type of cotton

40. \*\_\_\_\_ Lloyd Webber 42. Dog command

45 4th letter of Hehrew

47. "But I heard him

out of sight..." 48. Pool table fabric

52. \*Last year's Tony Award winner for Best

56. Santa Anna's target

firstborn 62. Not quite an adult

DOWN

3. Domingo, Pavarotti and

8. \*Musical with most Tony

44. Plural of #34 Across nominations 46. Late actor Heath

48. Social dice game 49. Rose oil

50. Medicinal house plant

51. Tempo 52. Give a boot 53. Gaelic

54 Multicolored horse parents do 19. Savory taste sensation 55. Wall support 56. \*Part of a play

33. Finish line 36. \*Arthur Miller's "Death FREE SHOWER PACKAGE PLUS \$1600 OFF SAFE STEP 1-855-576-5653 40. \*"\_\_\_\_ of Aquarius," song from "Hair"
41. a.k.a. the Wizard of 9 8 3 4 3 7 6 5 4 6 1 3 2 6 8 1 6 5 9 2 4 3 9 3 6 8 1

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# We've Got Ewe-nique Fire Fuel Reduction Techniques

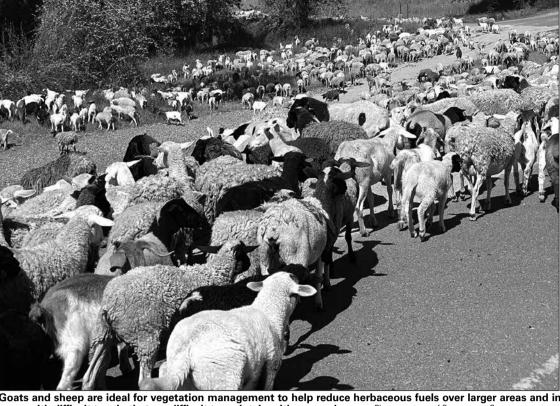
Sacramento County News Release

#### **SACRAMEMTO COUNTY, CA (MPG) -**

Have you herd the good news? Our four-legged firefighters are here and they're ready to bleat back wildfire risks! The Sacramento County Department of Regional Parks is ramping up its multi-faceted strategy to reduce wildfire risk, protect wildlife habitats, and safeguard both our natural resources and the neighborhoods that border our parks.

For its 2025 Fire Fuel Reduction Action Plan, the Department of Regional Parks has lined up sheep and goat grazing contracts, is utilizing park maintenance crews (and other manned crews through contracts with the California Conservation Corps and Sacramento Regional Conservation Corps) to maintain firebreaks and is issuing fuel reduction permits by request to property owners bordering Regional Park properties.

"Fire is an ever-present danger in our Regional Parks, and with another moderately wet winter and spring behind us, the risk will only grow as vegetation dries out," said Liz Bellas. director of Regional Parks. "I'm incredibly proud of the proactive work our staff and partners are doing to stay ahead of these risks. From hand crews and firebreaks to grazing programs and community partnerships, we're



Goats and sheep are ideal for vegetation management to help reduce herbaceous fuels over larger areas and in areas with difficult terrain that are difficult to maintain with manned crews. Photo courtesy of Sacramento County

doing everything we can to protect our parks and the people who live near them."

To reduce the potential number and size of wildfires in the Sacramento County Regional Parks system, a variety of fire management techniques are being implemented. Firebreaks, a combination of mowing, soil discing and herbicides will be used where appropriate to create perimeters around open fields, along fence lines and behind neighborhoods. This work is scheduled to be completed by the end of June.

Ladder Fuel Hand-Crews is another technique. In limited, hard-to-reach areas, hand crews will remove vegetation that could provide a path for a fire to spread upward into tree canopies, where it is much harder to control.

Grazing is also being employed as part of the vegetation management plan. There are thousands of acres of natural landscapes in the Sacramento County Regional Parks system. Goats and sheep are ideal for vegetation management to help reduce herbaceous fuels over larger areas and in areas with difficult terrain that are difficult to maintain with manned crews. Grazing is expected to occur through the end of June and some areas might be grazed in the summer to manage late emerging yellow star-thistle.

Residents can participate in the fire management efforts through annual encroachment permits. Those who live adjacent to Regional Parks' properties can apply for free annual encroachment permits to maintain a firebreak behind their property line. These permits allow residents to string-trim herbaceous vegetation up to 50 feet beyond their private property line. To request a permit, provide your name, address and contact information to Regional Parks at parksinfo@SacCounty.gov.

In addition to these proven fire-fuel reduction measures, our Ranger Division is continuing its education and enforcement campaign related to illegal fires and cooking along the parkway in an effort to reduce the number of new fire outbreaks.

Visitors to Sacramento County Regional Parks should be aware of the following regulations. Open-flame fires are not allowed and barbequing is only permitted in designated picnic areas. Smoking is only allowed in developed picnic areas, on asphalt surfaces, within golf courses and on levee tops along the American River Parkway.

Visit regionalparks.saccounty.gov/Rangers/Pages/ FireRiskReduction.aspx to learn more about the 2025 Fire Fuel Reduction Action Plan for Sacramento County Parks. If you see a fire burning in our Regional Parks, call 9-1-1.

# Sacramento Book Festival **Created for All Ages**



Catriona McPherson





**Sharon Johnson-Fujimoto** 

Fujimoto-Johnson is a Japanese American author-illustrator of two children's picture books, "The Mochi Makers" and "Shell-Song: Based on a True Family Story.'

"The Mochi Makers" celebrates the joy of a girl and her grandmother spending the day making mochi together. "Shell-Song: Based on a True Family Story" also focuses on family and tradition by drawing on the experiences of the author's grandfather.

"When I was a young girl, I inherited my grandfather's seashell collection. He had collected these shells in a Japanese American incarceration camp in Hawaii during World War II. My grandfather's shells carried his story across generations to me," Fujimoto-Johnson said. "It is such an honor to share his story in my new book, 'Shell-Song,' the first children's book to address the incarceration camps in Hawaii. Digitally collaged into the artwork for this book are my grandfather's actual shells (and) texture from my grandmother's wedding kimono." Sacramento gained one of its most well-

known authors, McPherson, when she emigrated from Scotland.

"I write all over the mystery map: pre- and post-WWII detective fiction and modern psychological thrillers, all set in Scotland. It was a concern when I immigrated to California, let me tell you," McPherson said. "Turns out you lovely American readers have voracious appetites for both. Thank you, Masterpiece Theater, I reckon; between the period drama and the Nordic Noir, I fit right in. That said, I also write comic mysteries about a Scot who's moved to a 'fictional' college town in NorCal (it's Davis) and nothing makes me happier than sharing them with local readers who get all the references. I say it with love ... but I still say it."

fiction panel and signing. The 130-plus authors will be seated at

McPherson will be part of the historical

tables, ready for visiting with readers of all ages and sharing their tales. Food will be available from the Ju-Ju

Burgers and ShakesFood Truck. The Sacramento Book Festival's host, the

California Writers Club-Sacramento Branch, is celebrating its centennial year this year. The California Writers Club-Sacramento Branch has 175 members, aged 17 to the 90s. For more information about the California Writers Club-Sacramento Branch, go online to cwcsacramentowriters.org.

# **Connections Academy at Gateway** Offers K-10 Virtual Schooling

The tuition-free virtual public charter program is now enrolling for the 2025-2026 school year

Connections Academy at Gateway News Release

MCCLELLAN, CA (MPG) - Connections Academy at Gateway, a program within Community Collaborative Charter School that is part of Gateway Community Charters, is a new tuition-free online charter school program that will begin operating for the 2025-2026 school year. Through this partnership, the online program will provide innovative. high-quality, standards-based educational opportunities for all students. This program will be open to students in grades K-10 living in Amador, Contra Costa, El Dorado, Placer, Sacramento, San Joaquin, Solano, Sutter, and Yolo counties. Connections Academy at Gateway is now enrolling for the 2025-2026 school year.

Connections Academy at Gateway will offer families the nationally recognized Connections Academy program and award-winning curriculum. In collaboration with Community Collaborative Charter Schools, the online program will combine California-credentialed teachers, a rigorous, standards-aligned curriculum, technology tools, and social engagement to create a student-focused learning experience.

A common need expressed by many families is the desire for greater flexibility in the learning environment. Connections Academy at Gateway will meet the needs of students who will benefit from the flexibility to fit school into their lives and seek academic challenges in line with state standards with a fully online program. Teachers are trained to deliver instruction and provide individualized support to meet each student's academic needs and learning preferences in a virtual environment. A parent, or another adult "Learning Coach," will play a key role alongside the California-credentialed teachers to set daily routines, monitor student progress in the home, and track attendance. Learning Coaches will be trained and supported by robust resources and communication tools designed to help families succeed.

The new online program will provide students access to core classes and engaging electives, as well as virtual clubs, field trips, events, and activities throughout the year. The flexible schedule allows students time to play sports, explore art, volunteer, or pursue their passions outside of the virtual classroom. Families will benefit from Connections

Academy's College and Early Career Readiness program for middle and high school students equipping them with durable skills like leadership, critical thinking, and exploration and industry networking opportunities to build confidence, make connections,

exciting new partnership bringing the nation-

ally recognized Connections Academy

teamwork. Students can participate in career and find direction to prepare for their future. "Connections Academy at Gateway is an

program to students in the Northern California region through Gateway Community Charters," said Dr. Donna Hutchison, Vice President for Educational Partnerships in Pearson's Virtual Learning division, which delivers Connections Academy online learning solutions. "For over two decades, Gateway Community Charters has been a leader in providing high-quality, innovative education, and this collaboration expands those opportunities by offering a flexible, tuition-free online learning option tailored to self-motivated, tech-savvy students. Together, we are committed to empowering families with a personalized approach to education that fosters academic success and community connection."

Connections Academy at Gateway will serve a maximum of 500 students in grades K-10 during its first year. As a public-school program, there are no fees or tuition to attend Connections Academy at Gateway and all students are required to meet the same academic standards and take the same assessments as traditional public school students.

"We are thrilled to introduce Connections Academy at Gateway, a program of our Community Collaborative Charter School, by expanding our commitment to providing high-quality, innovative education options for students across the Sacramento region and beyond," said Jason Sample, CEO and Superintendent of Gateway Community Charters. "By partnering with Connections Academy, we are offering families a flexible, personalized online learning experience that empowers students with the skills and support they need to succeed in an ever-evolving

Interested families are encouraged to visit the website at connectionsacademy.com/ california-gateway-online-school/ or call 1-833-591-0251 to learn more.

#### **About Connections Academy at Gateway**

Connections Academy at Gateway is a tuition-free, online public charter school for K-10 students in Northern California, serving nine counties. Launching in the 2025-2026 school year in partnership with Community Collaborative Charter School, it offers a high-quality, accredited virtual education through the nationally recognized Connections Academy program. The school emphasizes academic success, life skills, and personalized support to help students thrive and become confident, resilient learners. Learn more at connectionsacademy.com/ california-gateway-online-school. **About Gateway Community Charters** 

Community Collaborative Charter School is part of Gateway Community Charters, which has served families in Sacramento and Yolo counties since 2003. Now operating nine schools across 22+ locations, the organization provides quality public school choices to over 5,800 students. Learn more at gcccharters.org or call 916-286-5129.

#### California Writers Club-Sacramento **Branch News Release**

SACRAMENTO REGION, CA (MPG) - Excitement is growing throughout the regional reading community about the May 31 inaugural Sacramento Book Festival presented by the California Writers Club-Sacramento Branch.

More than 130 local authors will tempt

readers with their books for adults and children from 10 a.m. to 4 p.m. May 31 at the Shepard Garden and Arts Center adjacent to McKinley Park, 3330 McKinley Blvd., East Sacramento. Authors from every neighborhood in the Sacramento area will meet readers.

In addition, popular authors of mystery, thriller, romance, sci-fi/fantasy, historical fiction and Black women's literature will participate in panel talks throughout the day.

The Kids Zone will host activities and readings with children's authors.

The schedule and information about the attending authors, as well as on the festival's other activities, can be found online at SacramentoBookFestival.com.

Festival volunteers briefly interviewed three attending authors to whet reader appetites: James Rollins, Sharon Johnson-Fujimoto and Catriona McPherson.

Rollins, the No. 1 New York Times bestselling author of international thrillers and high fantasy, has sold more than 20-million One of the first authors on board with the

festival, Rollins shared his enthusiasm about the event. "While I've not ventured far from the

Sacramento Valley, having only moved up to Tahoe, I look forward to returning to my roots. My veterinary practice was in the Greenhaven/Pocket area, so an event at McKinley Park is like coming home," Rollins said. "At the festival, I'm glad to share how a local veterinarian became an author. And not just the author of one genre of fiction but of two: action thrillers and high fantasy. I still continue to write in both fields, with 'Arkangel' being my latest Sigma thriller and 'A Dragon of Black Glass' continuing a four-book fantasy series. Hopefully, I'll also have further news about Sigma being picked up by Amazon MGM for a streaming

Starting off the day in the Kids Zone will be children's author Fujimoto-Johnson.

AMERICAN RIVER **MESSENGER** • **11** MAY 23, 2025

# **State Controller Cohen Responds** to May Budget Revision

California State Controller's Office News Release

SACRAMENTO, CA (MPG) - On May 14, Controller Malia M. Cohen issued the following statement on Governor Gavin Newsom's May Revision:

"When I released my April Cash Report on Friday, I cautioned that although current revenues are exceeding projections and the state has enough reserves to cover expenses this fiscal year, budget forecasts show significant deficits in the years ahead. Addressing these shortfalls will require the governor and legislature to establish clear spending priorities in this budget and upcoming budget cycles.

As the state's chief fiscal officer, with a clear view of what comes in and out of California's checking, savings and credit accounts, I know, just like every Californian does, that we must be extremely cautious about new commitments. Proposals for longterm funding of new programs and services must be weighed carefully. The financial uncertainty ahead is too great to make promises we may not be able to keep.

Like all Californians who check their bank accounts to decide whether they can afford gas, groceries, or the commute to work, I see you, and I understand those daily decisions. That's why I urge all of us to be fiscally prudent. With growing uncertainty around federal funding and other state revenue sources, we must prepare for the possibility of tougher financial times ahead.

I look forward to working with the governor and all members of the legislature to ensure that we have the appropriate cash and reserves to get us through this financially turbulent time so that we can continue to move California forward so that families, individuals, vulnerable populations and businesses can continue to thrive."

Chief Fiscal Officer of California Controller Cohen independently oversees and manages California's financial resources with integrity and transparency to build trust. The controller is responsible for accountability and disbursement of the state's financial resources. Follow the Controller on X at @ CAController and on Facebook at California State Controller's Office.

## **Revised State Budget Draws Fire** and Praise from Business Leaders

California Business Roundtable News Release

SACRAMENTO, CA (MPG) - On May 14, California Business Roundtable President Rob Lapsley gave a statement in response to Governor Gavin Newsom's revision to the May budget:

"In 2021, Governor Newsom stood before Californians announcing a \$75 billion budget surplus. Four years later, the state faces a \$12 billion deficit. The governor attributes this downturn to the so-called 'Trump Slump,' but the reality is that the state's spending problem was created in California and must be solved in California. In his revised May budget proposal, the governor has simply shifted spending. Proposed cuts to the state's general fund are nearly equal to increased spending in the state's special funds. This accounting maneuver does nothing to solve the underlying deficit.

We support the governor in his

initial efforts to renew market-based climate programs like cap-and-trade while the business community works with the legislature on the details of the reauthorization. We also believe that it is critically important to fund the implementation of Proposition 36 in order to protect communities and businesses.

Importantly, the governor has not pro-

posed new taxes as Californians struggle

with the highest cost of living in the country. It is critically important for the governor and the legislature to pass policies that stimulate private sector investment and job creation to ensure the State of California can generate the revenues needed to fund all priority programs and ensure long-term economic stability." Established in 1976, California Business

Roundtable has brought together top executives from California's largest companies, providing a platform for collaboration and strategic advocacy on issues critical to the state's economic health.

# **Newsom Continues Freefall** in 2028 Presidential Candidate Polls

Latest polls give Newsom only 5% support

By Evan Symon, California Globe

Governor Gavin Newsom continued to fall in nationwide 2020 Presidential candidate polling last week, with the most recent Echelon poll giving him only 5% of the vote.

Originally the favorite candidate for the 2028 Presidential Election, Newson has dramatically fallen in polls in the ensuing months. Issues over Newsom's response to the January wildfires in L.A., making Democrats angry over the reversal of positions like transgender athletes, federal reversals of pet state projects, and many more have cratered support since the beginning of the year. In January he was second only to Harris. Now he sits at a distant fifth with only 5% support.

Currently, the former Vice President sits at 28% support, 13 points ahead of the next closest candidate, former Secretary of Transportation Pete Buttigieg. Without Harris in the race, Newsom jumps up to third in polling, but only climbs up to 10 percent, well behind Buttigieg and Senator Cory Booker (D-NJ).

And the latest Echelon poll, which was released on Monday isn't rosy for him either. Harris leads with 32%, followed by Buttigieg with 10%, Congresswoman Alexandria Ocasio-Cortez (D-NY) with 8% and Booker with 6%. Newsom is tied for fifth with 5%, along with Governor Tim Walz (D-MN) and Governor JB Pritzker (D-IL). By contrast, for the GOP side of the poll, Vice President JD Vance sits at 44%, with former South Carolina Governor garnering 8% and Florida Governor Ron DeSantis leveling at 7%.

While polling this early is by no means an indicator who the candidate will be, they do give a good baseline on how Americans, and especially people within their respective parties feel about them. Harris is high right now coming off the 2024 election and constant media attention over speculation that she might run for Governor in 2026. Buttigieg has the same air of mystery around his political future after declining to not run for the Senate in Michigan. Booker has been very outspoken against Trump policies, and thus has seen his star rise amongst Dems since Trump was inaugurated. AOC has been AOC. Newsom though has seemingly done everything possible to sabotage himself this early on, and thus giving other candidates more ammunition against him

should he bounce back up. This is by no means the

end for Newsom. He has plenty of time to get back up. If Harris opts to be Governor instead and a few other candidates fall into a tailspin, Newsom could be right back up there. What happens in the 2026 midterms could also influence what Newsom does, or what happens to the other candidates.

But right now, viewing it all at a metric standpoint, Newsom needs to shake things up fast if he wants to get the Democratic slot in 2028. He is rapidly running out of things to tout in California. His electric car policies are swiftly fading, homelessness he is currently taking more drastic measures on, and that's not even counting all things from his past that would come up in a debate. All candidates would have to likely defend what they did during the COVID pandemic, and as soon as someone mentions the French Laundry incident, Newsom will have to be on the defensive.

There are numerous reasons why Newsom is down right now. And even though primaries are two and a half years away, polling shows that he needs to start doing all he can now. It kind of explains that new homeless ordinance.

# Gallagher Condemns Newsom's Budget

Assembly of Republicans News Release

SACRAMENTO, CA (MPG)

Assembly Republican Leader James Gallagher (East Nicolaus) responded on May 14 to Governor Gavin Newsom's May Revision of the 2025 to 2026 state budget. California is now facing a \$12 billion deficit, and instead of taking responsibility, Newsom opened his press conference by blaming President Donald Trump.

"Newsom's finger-pointing on the budget shortfall is the biggest load of crap I've ever seen from a politician, and he shovels out a lot of it," said Gallagher. "We're in this mess because of his reckless spending, false promises, and failed leadership... Newsom needs to stop blaming everyone else and own up like a man."

"He promised free healthcare to illegal immigrants. California can't afford it, so he's backpedaling, but still charging taxpayers billions for it over the next year. Meanwhile, our citizens are struggling with the highest costs in a generation, failing infrastructure and underperforming schools."

Under Governor Newsom, state spending has grown by tens of billions of dollars while

outcomes in public safety, education, and affordability have declined. Instead of correcting course, the May revision relies on accounting tricks, reserve raids and delayed payments, without fixing the underlying problems.

Californians are paying more and getting less, and this budget fails to change that. The answer isn't gimmicks or blame games. It's living within our means and putting taxpayers first.

Assembly Republican Leader James Gallagher represents California's 3rd Assembly District, which includes Butte, Glenn, Sutter, Tehama and Yuba counties, and parts of Placer County.

## **Newsom Blames California's Worsening** State Budget Outlook on Trump's Tariffs



By Dan Walters. CALMatters.org

As Governor Gavin Newsom unveiled a revised 2025 to 2026 budget on May 14, he blamed a "Trump slump" from President Donald Trump's tariffs and other economic moves as the major factor in increasing the state's deficit by another \$12 billion.

"California is under assault," Newsom told reporters at a budget briefing, declaring that Trump's actions had created "a climate of deep uncertainty."

The initial budget Newsom proposed in January already had at least an \$11 billion gap between income and outgo that he filled with reserves, loans, deferrals, raids on special funds and accounting maneuvers.

State tax receipts were running ahead of expectations during the early part of the year, but after Trump imposed tariffs on imported goods, saying it would spur domestic production, Newsom and his budget staff revised revenue estimates downward, particularly personal income taxes.

"Washington's imposition of tariffs has driven a downgrade in both the economic and revenue forecasts," the revised budget declares. "Combined with increased

expenditure growth above

the governor's (January) bud-

get, most notably in Medi-Cal,

the state must now close an

estimated shortfall of \$12

billion to balance the bud- that a sudden economic boom get and provide for a prudent discretionary reserve. This will require difficult but necessary decisions to reduce ongoing expenditure growth to maintain budget resilience and stability for critical state

The revised budget maintains overall spending at virtually the same level of the January version, \$322 billion, but drops general fund expenditures by \$2 billion to \$226 billion.

As noted, the state also experienced a multibillion-dollar spike in costs for Medi-Cal, the state's health care system for the poor, which contributed to the \$12 billion deficit estimate. Newsom proposed a series of maneuvers to close the new deficit, primarily reductions in Medi-Cal, including a freeze on adult enrollments and \$100 per month premiums for Medi-Cal enrollees.

By singling out Medi-Cal as a major driver of state spending and urging reductions, Newsom was doing a 180-degree political pirouette from a year ago, when he was boasting about achieving nearly 100% medical care coverage for Californians with the addition of thousands of undocumented immigrants to the programs rolls.

The latest expansion of California's chronic budget gap, what fiscal experts deem a "structural deficit," makes it virtually certain that Newsom's governorship will end 19 months hence with the state's finances still unbalanced. The governor's own budget staff and the Legislature's nonpartisan budget advisor, Gabe Petek, have both projected multibillion-dollar deficits well into

the future. It doesn't appear

will provide fiscal salvation.

The revised budget projects that California's economy faces a sluggish future, with little overall job growth and unemployment rates, which are now among the nation's highest, virtually unchanged. Accordingly, state revenues are projected to increase slowly.

The forecasts don't assume that the national economy will drift into recession, as some economists are predicting due to Trump's tariffs. If one occurred, it would depress rev-

enues even more. The budget also does not assess the potential reductions in federal aid to states, particularly in health care, that Trump and Republicans in Congress have proposed. Medi-Cal and other social and medical programs are targets in both Washington and Sacramento because they are among the largest items in both federal and state budgets.

As services are trimmed to close budget gaps, advocates for the poor, public employee labor unions and progressive groups are increasing pressure for tax increases to balance the state's books.

Newsom has resisted those calls, but if the projected multi-year deficits become reality, the tax increase drumbeat will grow louder. He can and probably will continue to shun tax increases but if he does, the pressure will hit his successor, whomever that is, immediately upon inauguration.

Dan Walters is one of the most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends.

# Rep. Kiley Responds to Medicaid for Illegal Immigrants Proposal

U.S. Rep. Kevin Kiley News Release

WASHINGTON (MPG) - Rep. Kevin Kiley (R-CA), author of the No Medicaid for Illegal Immigrants Act, responded to the Energy & Commerce Committee's decision to include a provision in the budget reconciliation text reducing the Affordable Care Act (ACA) Federal Medical Assistance Percentage (FMAP) for states that provide Medicaid to illegal immigrants.

"I have spent the last several months meeting with healthcare providers throughout my district, along with nonprofits, with patient advocates, and many other stakeholders. All of these groups have conveyed to me the importance of protecting Medi-Cal. That is why I have opposed cutting benefits for eligible beneficiaries. But now, thanks to Governor Newsom and the Legislature's reckless actions, we could lose billions in

federal funding, harming the very

vulnerable populations I have fought to protect," Rep. Kiley said. Kiley also responded to Governor Newsom's recent proposal to freeze his policy of providing free Medi-Cal

to income-eligible undocumented

immigrants.

"Gov. Newsom is ending his reckless policy of giving free Medi-Cal to undocumented immigrants. The Governor is finally acknowledging what has long been obvious: this policy is misguided, unsustainable, and should never have been enacted. However, Gov. Newsom has only partially repealed his disastrous policy. It needs to be reversed entirely, or Californians will continue to spend billions on coverage for illegal immi-

grants and our state will lose an even

larger amount in federal Medicaid

funding," Rep. Kiley said.

# Remembering the 1973 Roseville Bomb Explosion

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Can you remember where you were when the bombs went off?

Citrus Heights Historical Society President Larry Fritz during a May 1 presentation somberly took some 70 attendees at a Citrus Heights City Hall conference room back to 8:03 a.m. Saturday April 28, 1973. On that fateful day, 21 Department of Defense (DOD) boxcars loaded with some 7,000 bombs suddenly exploded on a Southern Pacific Yard track in Roseville.

The 70-plus audience members at the May 1 presentation at Citrus Heights City Hall recalled the day quite vividly. Many who were wounded by flying glass were childhood witnesses to the event and evacuated their homes with their families.

The freight train, carrying munitions to the former Concord Naval Weapons Station, hurled chunks of shrapnel high into the sky, causing extensive property damage and injuries to 350 people.

When the explosions were over, the small town of Antelope, right across the tracks from the train yard in Roseville, which would later become a bustling city, was leveled, Fritz said.

The cause of the explosions has never been officially determined, Fritz said.

Fritz, a 1973 graduate of San Juan High School, had just turned 18 years old when the explosions at the Roseville Railyards happened. He still has a copy of the original accident investigation report.

Continuing for hours, the massive explosions sent huge plumes of smoke rising into the air, destroyed buildings, mangled rail sections and left huge craters in the ground. Windows were shattered some three to four miles away.

About 5,500 structures were damaged in varying degrees, including a newly-opened fire station in Antelope. No deaths were reported. Many of the reported injuries were due to broken glass as windows blew out from the blasts, residents recalled.

helicopter inspection of the railyard showed a mass of craters and twisted debris.

Fritz acknowledged the courage of the many first responders who responded to the disaster and the members of the original Citrus Heights Fire Department that later merged with Sacramento Metro Fire when the city was incorporated.

In one of the slides which Fritz presented, he pointed to and recognized a "Lady in White" wearing white coveralls among first responders on the scene.

The "Ladies in White" provided volunteer emergency-response services throughout the greater Citrus Heights area from 1951 to 1986, pioneering the concept of medical response teams working in conjunction with local fire departments.

In all, about 30,000 people were soon evacuated from the nearby towns of Antelope, Roseville and Citrus Heights, Fritz said.

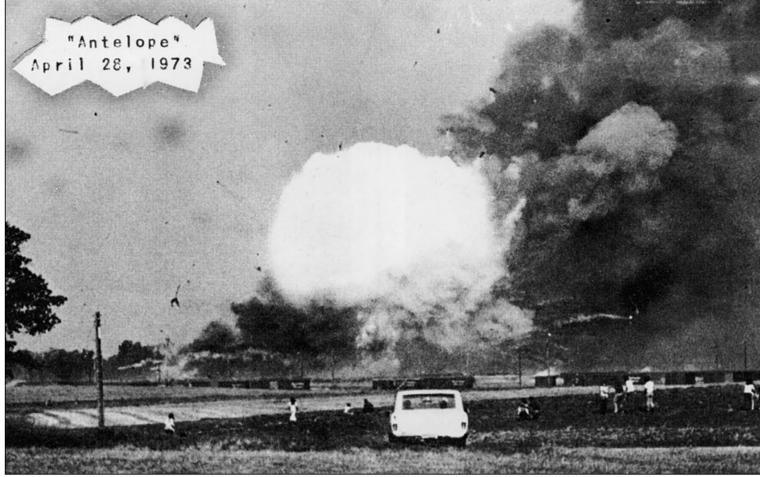
Nine emergency-service agencies, local, state and federal; responded to the explosions.

The California Army National Guard also maintained a heavy presence within a two-mile radius of the explosions, which extended to Sylvan Corners.

Paul Lucky, then 24, and three months into his career as a Citrus Heights Fire Department firefighter, later wrote an account of his experience that day for his family, "The Day the Trains Stood Still."

Lucky was assigned to Citrus Heights Fire Station Three, which was three miles away from the sudden explosion. The blast was so loud and strong that it knocked him off his feet. Still wearing his turnout gear, Lucky clung to the back of the fire truck, Engine Nine, which sped

to the scene.



Here is a photo of the explosion in Antelope on April 28, 1973. Photo courtesy of Citrus Heights Historical Society



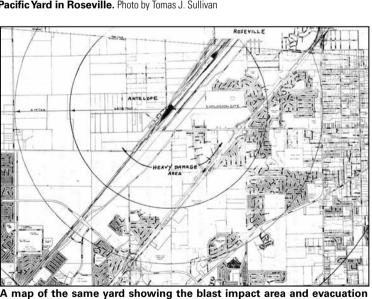
Here is one of the 250-pound general purpose aerial bombs that split without exploding. Photo courtesy of the Citrus Heights Fire Department



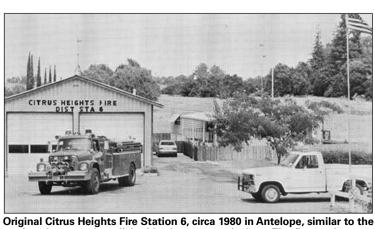
Shown are two pieces of rusty twisted shrapnel recovered after the April 28, 1973 explosion. Bomb debris littered the railyard in Roseville and the



Citrus Heights Historical Society President Larry Fritz took attendees back to 8:03 a.m. the fateful Saturday, April 28, 1973. That's when 21 boxcars loaded with 7,000 bombs suddenly exploded on a track in the Southern Pacific Yard in Roseville. Photo by Tomas J. Sullivan



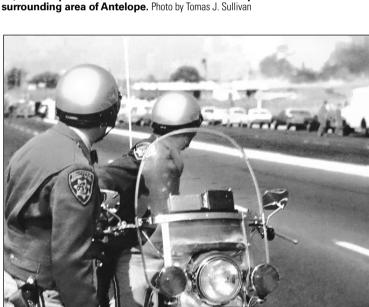
**zone.** Map courtesy of Citrus Heights Historical Society Photo



station that was demolished in the 1973 explosions. The fire station was relocated to U street (present day Antelope Road) about 1.5 miles further away from the railroad yard. Photo courtesy of the Citrus Heights Fire Department

was stuck in a railroad signal pole about 15 feet up the pole. The piece of metal was about 10 or so feet long, and a foot or so wide, and about an inch thick,"

Lucky wrote. "My jaw dropped, "A large piece of a boxcar if this explosion is throwing that size and weight of metal around with enough force to stab a telephone pole, I wondered just what I was doing there."



California Highway Patrol motorcycle officers observe the April 28, 1973 explosions at the Southern Pacific railyard in Roseville on Interstate 80.

After the presentation, resident Jeffery Flores held two scarred rings which typically attach to a bomb nose cone which he found and kept that day.

Photo courtesy of Citrus Heights Historical Society

Flores was a young boy at the time, living with his 12 siblings. Injured by flying glass inside his family home which was heavily damaged, Flores and his family soon became evacuees.

Flores vividly recalled the blasts.

"We started seeing rolls of fire going up, then it formed a mushroom," Flores said. "Then here comes the blast. Boom! Then the sound was terrible; it blew our eardrums out. That wasn't the worst of it; the scrap metal started coming down, bam, bam, bam, everywhere."

Citrus Heights resident Bobbie Gibson, then living on Vernon Way in the Country Club Center area in Sacramento County, was finishing classes at Sacramento State University for a teaching credential when the explosions started. She welcomed a friend from Antelope who stayed with her for three days while being evacuated.

"So many of us wanted to help and opened our homes to those in Antelope who needed a place to stay," Gibson said. "I was glad to do so."

In the explosion's aftermath, U.S. Army Explosive Ordnance Disposal (EOD) personnel recovered as much of the

shrapnel and unexploded bombs

strewn over the disaster area

as possible.

Many of the bombs were scattered half a mile from the explosion site. Two were found embedded in a street one and a half miles away.

"A lot of them were just thrown free and without exploding. So I'm sure they cleaned up as many as they could. But, you know, there were so many of them; they didn't catch them all," Fritz said in an earlier interview.

The Roseville rail yard, operated then by Southern Pacific Railroad before its merger with the Union Pacific Railroad, was back in operation three days after the initial incident, resuming regular freight traffic.

Southern Pacific eventually paid out \$23 million (in 1973 dollars) for the damages. Of the 32 buildings in the town of Antelope that were closest to the blasts, 12 were slightly damaged, 11 received heavy damage and nine were completely destroyed, which included the Citrus Heights Fire Station Six in Antelope.

In October 1997, eight more unexploded bombs were discovered by Union Pacific crews who were grading land at the rail yard north of Sacramento in preparation for new track construction.

Another unexploded bomb was found in the Union Pacific railyard in Roseville in December 2024.

It's possible that other unexploded bombs or bomb fragments might still be found, according to Fritz.