



Pocket News

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Bringing You Community News For Over 30 Years

JUNE 27, 2025

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INSIDE**

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SAFE AND LEGAL



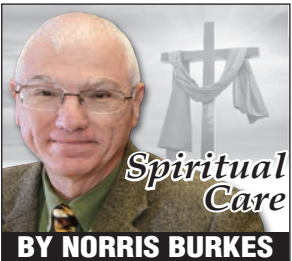
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VALUE, ACCESS THE
TALENT YOU HAVE



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GOOD MARRIAGES
REQUIRE SWEAT WORK



PAGE 8

Meet the Mudbuddies

*Artists
Rekindle Their
Passion to Play
in the Mud*

Story by Kristina
Rogers

SACRAMENTO, CA (MPG) - There comes a point when adulthood has worn thin and one is ready to become re-acquainted with their inner child.

That is undoubtedly true for four artists from Land Park, Pocket and Woodland who have put their fingers back in the mud. It all began when Paula Swayne, Patti Heimlich, Sandy Calhoun and Lee Kendall took clay classes together at Alpha Fire Arts.

When the COVID-19 pandemic closed the studio, they found another way to work in clay.

"First, we went to the park, then my backyard. When the weather stopped cooperating, we found a new place," Swayne said.

Swayne is a real estate agent with Dunnigan

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Patti Heimlich works on her frog. Photo by Kristina Rogers

**Women's
Empowerment
Receives
\$20,000 from
Safe Credit Union**

**Women's
Empowerment
News Release**

SACRAMENTO, CA (MPG) - Women's Empowerment received a grant of \$20,000 from SAFE Credit Union to provide housing readiness training, transitional workforce housing and financial empowerment training to Sacramento women who have experienced homelessness.

Women's Empowerment's comprehensive program helps women access safe homes they can afford now for their families while they secure jobs with upward mobility so they can eventually afford permanent housing.

"We are so grateful to SAFE Credit Union for recognizing the powerful role affordable housing plays in our community and the many facets that go into making it work, from financial empowerment to housing readiness training and transitional programs," said Lisa Culp, the executive director of Women's Empowerment. "Thanks to grantors like SAFE, we can continue to offer our long-term solution to homelessness that also meets immediate needs as we navigate Sacramento's ongoing housing crisis."

Each woman begins with Women's Empowerment's two-month employment-readiness and empowerment program that helps women who are unhoused pick up the tools to secure a safe home and steady job. She receives free transportation assistance and childcare for children up to age five in the group's onsite child development center. She works one on one with a social worker, housing specialist, employment specialist and volunteer career mentor, and attends a range of classes on job-readiness, financial empowerment, housing readiness and more. She receives health services and can join support groups.

Graduates of the initial program can return for services at any point in their lives when they need additional tools, including counseling, job search and retention support, access to a professional clothing closet, financial coaching, support from a housing

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Stars, Stripes and Good Times

Parade and Other Events to Attend this Fourth of July



Councilmember Rick Jennings' annual July 4th parade is a free event filled with vintage cars, local sports teams in full spirit and creative parade floats that celebrate the community. Photo courtesy of Councilmember Rick Jennings

By MPG Staff

LAND PARK, CA (MPG) - Make the most of the upcoming three-day weekend by attending popular Fourth of July celebrations in the area.

Land Park residents have several events and activities in and nearby to

celebrate Independence Day this year.

Sacramento Zoo

Start the Fourth of July celebrations by going to the Sacramento Zoo where there will be a reduced entry fee July 3 and July 4.

Admission for these days will be \$10 and zoo

members enter for free.

The zoo will be open with its regular hours from 9 a.m. to 4 p.m. Tickets are available to purchase ahead of time at tickets.saczoo.org/calendar.

The Sacramento Zoo is at 3930 West Land Park Drive, Sacramento.

July 4th Pocket Parade

Every year, Councilmember Rick Jennings hosts the largest parade in the Sacramento area in the Pocket/Greenhaven community.

The parade will begin at 10 a.m. July 4. The

Continued on Page 7

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GREENHAVEN
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Two Banned from GreenHaven Pocket Farmers Market Fashion Show



“Lilo is the baby in training. She just hit 96 pounds and loves the kids,” said Susan Riddell, GreenHaven Pocket Farmers Market’s Doggy Fashion Show chair. “Kaia, the big mama, has been trained in water safety and to watch over kids.”



Raquel Wright, a very popular GreenHaven Pocket Farmers Market vendor, said, “Our journey began with a simple idea: to create wholesome, natural treats for our friends.”

Story and photos by Stephen B. Clazie

SACRAMENTO, CA (MPG) - The GreenHaven Pocket Farmers Market (GHP) is holding its inaugural fashion show at 10:30 a.m. Sunday, July 13.

There is no charge to enter the fashion show. The only requirement is that registration to enter the contest must be completed by 10 a.m.

Susie Riddell, the event chair, was seeking judges for the contest and recruited Nicole Holton-Alverado to create a poster for the inaugural fashion show.

There are supposedly two young females who have been banned from participating in the fashion show. But these claims are unsubstantiated.

There are conflicting reports, and while they have been referred to as “The Bernese Twins,” it has also been reported that one is 5 years old and the other is 2 years old.

Rumor has it that they are called “The Bernese Twins” because they can trace their ancestry back to Canton Bern, one of the 26 cantons forming the Swiss Confederation. A canton is a subdivision of a country established for political or administrative purposes.

The two claim that they are frequent visitors to GreenHaven Pocket Farmers Market and have made quite a few friends.

They reported that one of their friends is a GreenHaven Pocket Farmers Market vendor named Raquel, who is sorry to see them eliminated from the contest.

“We believe every customer deserves the best,” Raquel Wright said. “Our journey began with a simple idea: to create wholesome, natural treats for our friends.”

The two were initially reluctant to have their picture taken for this story. They did not want readers of the Pocket News to be influenced by a photo. They eventually agreed to provide a photo that could be used later in this story.

Vic Cima, the GreenHaven Pocket Farmers Market general manager, wondered what all the fuss was about the July 13 event. According to Cima, GreenHaven Pocket Farmers Market is celebrating the Dog Days of Summer with a Doggie Fashion Show open to everyone’s dogs.

Cima and Riddell agreed that she could not have her two beautiful Bernese Mountain Dogs at 96 pounds and 120 pounds, respectively, in the contest.

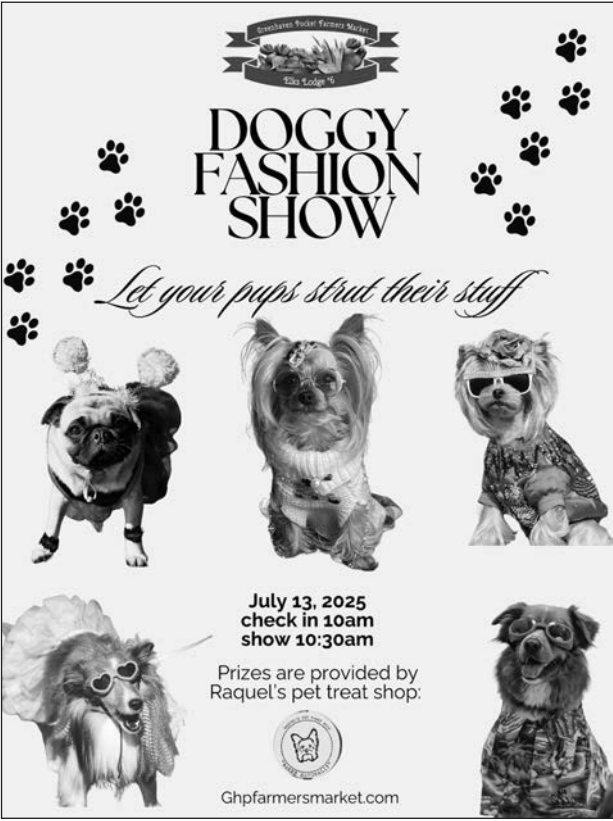
Riddell said that “Kaia, the big mama, has been trained in water safety and to watch over kids.” She also tells children that they can pet the dogs and that Kaia “just loves to cuddle. Lilo is the baby in training. She just hit 96 pounds and loves the kids, too.”

The gentle giants have become a major attraction at the GreenHaven Pocket Farmers Market on Sunday mornings for their size, gentleness and kindness.

Raquel’s Pet Treat Shop loves Riddell’s dogs but understands why they cannot be in the fashion show. Raquel’s Pet Treat Shop is providing all the prizes for the Doggie Fashion Show.

“As passionate dog lovers, we were inspired to develop recipes that not only taste great but also create happy pets,” Wright said. “We’re more than just a dog treat company; we’re a community of dog lovers. Follow us on Instagram @RaquelsPetTreatShop to share your pet’s favorite moments and stay updated on our latest treats.”

GreenHaven Pocket Farmers Market is known for being a dog-friendly place, and organizers hope everyone comes out to have fun. Cima and Riddell both said, “Let your pups strut their stuff.” ★



Poster for the Doggy Fashion Show.

Sacramento Elks Lodge 6 Honors Five Members

By Noreen Stevenson

SACRAMENTO, CA (MPG) - Two California-Hawaii Elks Association Special Citations were presented to Past Exalted Ruler Stephen B. Clazie at a Sacramento Elks Lodge No. 6 meeting on June 17.

The first citation was awarded for Best Community Service and Image Brochure.

This brochure included copies of several issues of the Pocket News featuring stories and photos about the GreenHaven-Pocket Farmers Market, written by Clazie and published during the past year.

The citations were presented by Exalted Ruler Rob Moore.

Clazie also received a second Special First Place Citation for Best Event Brochure. Elks Lodge No. 6 submitted Clazie’s story, “Gold Star American Flag Returns to Elks Lodge,” which appeared on the front page of the May 24 issue of the Pocket News.

This marks the second consecutive year that Sacramento Elks Lodge and Clazie have taken first place in both categories of the California-Hawaii Elks Association Public Relations Division 3 Contest. Division 3 includes lodges with 501 to 700 members.

Moore also presented



Stephen B. Clazie, right, with Exalted Ruler Rob Moore, poses with California-Hawaii Elks Association Special Citations. Photos courtesy of Carrie Bray and Coach Carol Mitchell



Shown are Nannette Green, Susan Riddle, Sue Hill, Rob Moore and Carrie Bray.

awards to four other members of the Lodge. He presented a special thank-you plaque to Sue Hill in acknowledgment of her

year as exalted ruler and her contributions to the Lodge.

Three women were honored as Elks of the Month



Nannette Green was honored as the April Elk of the Month for volunteering at the Elk 6 Sunday Breakfast.



Susan Riddle was named May Elk of the Month for her work with the Greenhaven-Pocket Farmers Market.



The June Elk of the Month was Carrie Bray, recognized for serving on the Lodge House Committee.



Rob Moore presented a plaque to Sue Hill in acknowledgment of her year as exalted ruler and her contributions to the Lodge.

for their volunteerism.

Moore honored Nannette Green as the April Elk of the Month for volunteering at the Elk 6 Sunday

Breakfast.

Susan Riddle was named May Elk of the Month for her work with the Greenhaven-Pocket

Farmers Market. The June Elk of the Month was Carrie Bray, recognized for serving on the Lodge House Committee. ★

The ‘New’ K-ZAP Turns 10

By J.G. Wirt

SACRAMENTO, CA (MPG) - July 8 will mark 10 years since the rebirth of K-ZAP as a low-power broadcaster and internet radio station. In that time, former listeners have tuned back in and have helped to spread the word about the “50 Years of Rock, Blues & More” station.

There’s no big celebration planned, said Dennis Newhall, program manager and weekday morning announcer.

Rather, K-ZAP’s current big effort aims to secure a second low-power signal that would help its radio broadcasts (at KZHP 93.3 FM) cover an area from Rocklin to Mather and McClellan to El Dorado Hills. A waiver from the Federal Communications Commission, with help from the area’s U.S. representatives, just might make it happen, Newhall said. The petition is at k-zap.org/zapthegap.

Meanwhile, the all-volunteer crew continues to



Tubby the K-ZAP cat adorns bumper stickers, shirts and hats promoting the station.

raise the K-ZAP profile by supporting events and selling tee-shirts and hats

Meanwhile, the all-volunteer crew continues to raise the K-ZAP profile by supporting events and selling tee-shirts and hats featuring Tubby the smiling K-ZAP cat.

The on-air team adds context to the K-ZAP music mix in three-hour shifts. And it’s all about the music: new songs by old artists and just the right mix of the new stuff. K-ZAP airs plenty of deep tracks and b-sides, along with artists that don’t get airplay on the major

stations.

“It’s a craft. Like you’re building something,” Newhall said of curating the playlist from the vast K-ZAP music library. “Sometimes a great artist has something new but it doesn’t fit our format.”

The on-air volunteers do three-hour shifts, all remote, and support the station because it’s convenient, Newhall said. No commute. “And it’s fun. It’s a sandbox.”

“For the most part they’re radio veterans,” Newhall said. “No one’s hiring 60-year-old DJs.”

Newhall, who also helps to curate the Sacramento Rock and Radio Museum, says he and the other veteran announcers do this work for mental stimulation and camaraderie.

“And like any hobby, you try to get better at it,” he said.

K-ZAP’s Specialty Shows

“Mick Martin’s Blues Party” is from 10 a.m. to noon Saturdays.



Volunteers with the K-ZAP “Emporium of Swag” help to promote the low-power radio and internet station at area events. Photo courtesy of Dennis Newhall

“Floydian Slip” is at 8 p.m. Tuesdays.
“The Grateful Dead Hour” is at 9 p.m. Thursdays.
“Rush Hour Blues” is at 5 p.m. Fridays.
“Psychedelic Sunday” is at 10 a.m. to noon Sundays.★

Sacramento Awards \$950,000 in Arts Grants to 72 Nonprofits

City of Sacramento News Release

SACRAMENTO, CA (MPG) - The City of Sacramento, in partnership with Sacramento County, has awarded \$950,000 in grants to 72 local nonprofit organizations through the 2025-2027 Cultural Arts Awards program.

The grants provide general operating support to organizations that enrich Sacramento communities by expanding access to arts and cultural experiences across the region.

Administered by the city’s Office of Arts and Culture, the program is supported

through a combination of funding sources, including the city’s Measure U sales tax revenue, city General Fund matching dollars, and Sacramento County’s Transient Occupancy Tax.

“This year’s grantees reflect the creativity, resilience and cultural richness that make Sacramento unique,” said Melissa Cirone, the city’s grants program manager. “By supporting these organizations, we’re investing in spaces where residents can connect, express themselves and celebrate community through the arts.”

The grant application window opened in October 2024, with awardees confirmed in

June 2025.

The 72 grant recipients reflect the diversity of Sacramento’s creative landscape, representing established cultural institutions and emerging arts organizations alike.

Awardees include organizations such as 916 Ink, a youth literary arts nonprofit; Casa de Brazilian Folkloric Arts of Sacramento, a cultural and activism group; and the Sacramento Region Performing Arts Alliance, which brings orchestral and operatic performances to the region.

A diverse panel of nonprofit arts and culture professionals and community

representatives reviewed the grant applications.

Organizations were selected based on their commitment to diversity and equity, cultural relevance, community impact and sound financial stewardship.

In the previous grant cycle (2022-2024), the city and county provided over \$933,000 annually in awards to 66 grantees, resulting in a total distribution of more than \$2.7 million over the three-year period.

More information about the Cultural Arts Awards is available on the city’s website.★

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Meet the Mudbuddies

Continued from Page 1

Realtors, and the Freeport building had a free space upstairs. The women cleared out the room and organized their desks.

Today, the artists meet every Monday at the Mudbuddies studio that opened in 2021. Guests who visit can find the creative energy palpable.

Swayne has a bachelor of science degree in art from Oregon State University. She worked with bronze until the Great Recession and then switched to clay. Asked what her favorite subjects are, Swayne replied, “I sculpt animals. Fairly realistic. It’s my favorite thing to do.”

Heimlich, who likes to say her last name is spelled like the maneuver, was sculpting a large whimsical frog. Clay has always been her creative outlet but Heimlich left it behind for family and work.

Heimlich explains her journey back to clay: “I got laid off and started dreaming in clay. So, I got a block of it and experimented with it. Then got another job as an office manager and forgot about it for another 10 years.”

But adult obligations began to weigh on Heimlich.

“I was taking care of my parents and my husband noticed I needed a stress reliever, so he signed me up for classes at Alpha Fire and I’ve been doing it ever since,” Heimlich said.

Heimlich began with faces and portraits and then shifted to animals, such as the frog she was working on.

“I do things that make me happy, plus they sell better,” Heimlich said.

Kendall retired from Aerojet as a master planner and production control manager and said that her career was all about practicality.

“I have worked very hard not to do practical things,” Kendall said, as she embraces her free spirit.

“I like to say I’m older than dirt,” Kendall said. “When the rain came, it got the dirt muddy; I realized you could make things with it.”

Kendall’s subjects range from animated birds and people to roly-poly cats and dogs. Kendall also creates little fish on plant spikes that she calls “fish sticks.”

Her inspiration can come from



Mudbuddies artists working in their studio are Sandy Calhoun (front right), Lee Kendall (front left), Paula Swayne (back right) and Patti Heimlich (back left). Photo by Kristina Rogers



“One’s Not Like the Others” is by Paula Swayne. Photo by Paula Swayne



“Funny birds” is by Lee Kendall. Photo by Kristina Rogers



Here is a whimsical piece by Sandy Calhoun. Photo by Sandy Calhoun



“Girl and flowers” is by Patti Heimlich. Photo by Kristina Rogers



“Little Big Man” is by Sandy Calhoun. Photo by Sandy Calhoun

anywhere.

“I’m working on this truck, which I call ‘Snood’s Snake Oil,’” Kendall giggled. “A cartoon inspired the car but I’m trying to remember which one.”

Calhoun likes to say, “For me, it was love at first touch.”

Calhoun spent four years at San Francisco State University studying graphic arts, but after an introductory clay class at Chico State, she went on to graduate with a bachelor of arts degree in ceramics.

Calhoun became a sixth-grade teacher and her passion for clay remained on the back burner until she retired in 2012. Today, Calhoun has a home studio with a kiln in Woodland. She looks forward to driving to the Mudbuddies studio and hanging out with her friends once a week.

Calhoun talked about her relationship with clay and creating.

“I love it but I also hate it. Sometimes, it has a mind of its own. It’s like a willful child. You think you’re making a mouse and then it turns out to be a frog.”

The other women laugh, because they know the feeling. Swayne added, “I’ll come back from lunch and think, ‘Wow, what was I doing?’ We don’t feel bad telling each other what’s not working. We bounce off each other.”

Calhoun continued, “I get inspiration

from everywhere. You don’t have to work hard at it, only open up to what’s around you. Once you tap into that creative energy, it flows.”

“We are not like the potters who use wheels. That’s a bit too ‘science-y’ or serious for us,” Calhoun said.

The group prefers the freeform work of hand sculpting.

The women rely on a childlike curiosity to get their ideas. Sometimes, it’s a dream or a pattern on the wall. At other times, it’s interesting people or even a piece of art in an office. Whatever they make, no piece is like the other. And although the ideas get a bit muddy, what’s clear is that the women will continue to meet on Mondays and play together.

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Keep Fourth of July Fireworks Safe and Legal

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG)

- With Independence Day coming up, it's always a good idea to know the risks of fireworks, only use legal fireworks and stay safe when using them. If you see or suspect illegal firework usage, reporting it is encouraged. When it comes to fireworks, we want to keep it safe and keep it legal.

The use or sale of illegal fireworks will result in fines. In 2022, the Sacramento County Board of Supervisors adopted a social host ordinance that levies fines, starting at \$1,000, against property owners who either use or allow the use of illegal fireworks on their property, in addition to fines for use in places such as the American River Parkway, schools and parks.

“Host” means a person who knowingly permits or allows fireworks to be lit, exploded or sold on private property owned or controlled by the person.

If the illegal fireworks are being set off from your property, you are responsible for the fines. Penalties for violations are \$1,000 for the first violation, \$2,500 for the second violation within one year of the first violation, \$5,000 for each additional violation within



It's always a good idea to know the risks of fireworks, only use legal fireworks and stay safe when using them. Image by Barbara A Lane from Pixabay

one year of the first violation and \$10,000 for each violation that occurs at schools, parks and within the American River Parkway.

Calls for service throughout the county increase dramatically on July 4 and emergency response resources are stretched extremely thin.

During the Fourth of July holiday weekend, use 9-1-1 for emergencies only, such as an active fire, injury or immediate threat to persons or property. Each

jurisdiction has provided an alternative method to report illegal fireworks sales and usage.

The unsafe use of fireworks can cause severe burns, amputations, blinding and even death. Damaging fires might occur when children use fireworks unsupervised by adults. Parents are responsible for any property damage or injuries caused by all fireworks.

All legal fireworks in California are called Safe and Sane Fireworks and must bear the State Fire

Marshal's seal. Safe and Sane Fireworks can only be sold from noon June 28 through 9 p.m. July 4. Safe and Sane Fireworks can only be used between 9 a.m. and 10 p.m. from June 28 to July 4. Any firework that goes up in the air or explodes is illegal and dangerous.

To maintain safety, always have a non-combustible bucket of water to dispose of fireworks and leave fireworks in the water overnight before disposing. Always have an

available hose connected to water in case of fire and do not use fireworks near dry grass or other flammable materials. Do not use fireworks under a canopy, covered balcony, covered patio or under a tree or bushes.

Report illegal fireworks sale and usage in unincorporated Sacramento County to 916-874-5115 or reportfireworks@sacounty.gov.

Report illegal fireworks sale and usage in the City of Sacramento to 916-808-FIRE (3473) or the Sacramento Fire Department app.

Report illegal fireworks sale and usage in Rancho Cordova to 916-362-5115 or the Rancho Cordova Connect App.

Report illegal fireworks sale and usage in Citrus Heights to 916-727-5500 or seeclickfix.com.

Report illegal fireworks sale and usage in Elk Grove to 916-714-5115 or fireworks@elk-grovepd.org.

Report illegal fireworks sale and usage in Galt to 209-366-7000.

Aren't sure who or how to report? Call 3-1-1 to be connected to the right place.

Together, we can ensure that Independence Day celebrations are fun, safe and do not cause undue injury or fire in our communities. ★

Mosquito Samples Test Positive for West Nile Virus

Sacramento Yolo Mosquito and Vector Control District News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento-Yolo Mosquito and Vector Control District announced on June 18 that the first signs of West Nile virus (WNV) activity have been detected in Yolo County as one mosquito sample collected from Davis has tested positive for the disease.

This finding comes a week after a mosquito sample also tested positive in Sacramento County.

“As the weather gets warmer, WNV activity will steadily increase,” said Sacramento-Yolo Mosquito and Vector Control District Manager Gary Goodman. “This is a cause for concern, especially as summer is around the corner and we are approaching the hottest months of the year when activity typically intensifies. We urge residents to continue taking proper precautions to protect themselves from mosquitoes.”

The Sacramento-Yolo Mosquito and Vector Control District’s “D’s” of Mosquito Prevention practices include

draining standing water that might produce mosquitoes and avoiding being outdoors dawn and dusk. Also dress appropriately by wearing long sleeves and pants when outside and defend yourself by using an effective insect repellent and following label directions. Another practice is to make sure that door and window screens are in good working condition.

Call district personnel at 1-800-429-1022 or visit www.FIGHTtheBITE.net to address mosquito problems.

In response to the recent findings, the district will continue to monitor West Nile

virus activity through widespread mosquito trapping and testing. In addition, to quickly reduce mosquito populations and protect public health, ground treatments will also be conducted in areas where virus-positive mosquitoes have been detected.

For current information about district activities, visit www.FIGHTtheBITE.net. Residents can also subscribe to mailing lists to receive email notifications for upcoming mosquito treatments by zip code. To sign up, go to Spray Notifications on the website. ” ★

Pup Pool Days Benefit SPCA

By Seth Henderson

SACRAMENTO COUNTY, CA (MPG)

- A pet boarding facility is sponsoring and hosting four Splashy Hour open-swim sessions for dogs to “get a break from the Sacramento heat” that doubles as a Sacramento Society for the Prevention of Cruelty to Animals (SPCA) fundraiser.

Between July and August, the Animal Den Pet Resort and Spa, located at 4060 Power Inn Road, Sacramento, features an in-ground “doggy” pool and attached play yards, allowing dogs to run around as much as they want.

Two 90-minute swimming sessions will be held on July 16 with the first starting at 5:15 p.m. and the second starting at 7 p.m. Only dogs are allowed in the pool.

Two sessions on Aug. 13 mirror the July 16 schedule with the first starting at 5:15 p.m. and the second starting at 7 p.m.

Each dog must be accompanied by at least one person. Ticket prices are \$35 per dog and admission for owners is free. Each of the four sessions has a limit of 30 dogs and 60 people.

All proceeds will benefit the animals at the Sacramento Society for the Prevention of Cruelty to Animals.

Dog owners must show proof of current vaccines ((Rabies, DHPP and Bordetella) for their dog ahead of time to info@animaldenpetresort.com with “Splashy Hour” in the subject line.

According to the



Multiple dogs trot into the shallow water of the Animal Den Pet Resort and Spa’s in-ground pool during a previous Splashy Hour event in partnership with the Sacramento SPCA. Photo courtesy of the Sacramento Society for the Prevention of Cruelty to Animals

Animal Den Pet Resort and Spa, this event is best suited for dogs who are well socialized and comfortable playing in large groups. Animal Den employees reserve the right to observe all dog interactions and make necessary decisions to keep all dogs and humans safe.

Adult beverages will be available for purchase.

A community sponsor of the event is Pet Evolution, a locally-owned franchise in Folsom, located at 25065 Blue Ravine Road, Suite 110. Pet Evolution provides an array of grooming and dietary services for pets, promoting health and wellness.

Featured vendors at the Splashy Hour include Howling Apparel; Photogra-V; Rocky and Stella’s Treats; and Xochi’s Pawfections.

Howling Apparel sells printed dog-tie bandanas and stickers, according to its Etsy shop page. The company’s Instagram profile said its production is considered “small batch” and it’s based



A black dog is soaking wet and sticking its tongue out during a previous Splashy Hour event at the Animal Den Pet Resort and Spa, giving the event an ear up. Photo courtesy of the Sacramento Society for the Prevention of Cruelty to Animals

in California.

Photogra-V, a photography company run by Victor Martinez and his wife, Deanna, assists adoption agencies around Sacramento and the Bay Area, according to its Instagram profile. They also take professional photographs of dogs and their owners, according to Photogra-V’s website. Booking contact information can be found at photogra-v.com.

Rocky and Stella’s Treats is a Latina owned all-natural dog and cat

treat company that advertises “no sugar, no dyes, minimal ingredients” on its Instagram profile. On its website, products range from ostrich and chicken heads to plush toys and pinatas. Other products include T-shirts, cakes and breath mints for dogs.

Xochi’s Pawfections features many themed bandanas and plush toys on its website, including pastries, tacos and a “Pawchata Toy,” playing on the popular Latin American drink, horchata. Xochi’s also gives back to a local animal shelter, according to its website.

The Animal Den Pet Resort and Spa offers memberships that give access to its pool and playground, with new members signing up at Splashy Hour to receive their first month of membership for free, according to its event flier. Membership access is Thursday and Friday nights, and Saturdays and Sundays.

More information about the Splashy Hour can be found at sspca.org/splashy-hour. ★

87 Animals Receive New Homes



Quincy, 8 months old, is one of 87 animals adopted from the Sacramento Society for the Prevention of Cruelty to Animals during California Adopt-a-Pet Day on June 7. Photo courtesy of the Sacramento Society for the Prevention of Cruelty to Animals

Sacramento SPCA News Release

SACRAMENTO COUNTY, CA (MPG)

- The Sacramento Society for the Prevention of Cruelty to Animals (SPCA) joined more than 150 organizations in California to help find loving homes for pets during the second annual Adopt-A-Pet Day on June 7.

Thanks to CalAnimals, San Francisco Society for the Prevention of Cruelty to Animals and the American Society for the Prevention of Cruelty to Animals, all pet adoptions were sponsored during this one-day event.

Eighty-seven animals were adopted from the Sacramento Society for

the Prevention of Cruelty to Animals on Adopt-A-Pet Day: 26 dogs, 56 cats and five small animals.

Three of the SPCA’s adventure-loving dogs, Amigo, Suri and Dolce, who were previously featured in Sacramento SPCA postings, were also adopted.

And last week, Cosmo, who was transferred to the Sacramento Society for the Prevention of Cruelty to Animals in January in response to the Los Angeles fires, was adopted following a foster furlough adventure shared on social media.

If you are still looking for a pet to join your family, view the SPCA’s adoptable animals at sspca.org/adoptable. ★

Women’s Empowerment Receives \$20,000 from Safe Credit Union

Continued from Page 1

specialist, health services, financial assistance for housing support, paid job training and transitional workforce housing.

Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically to help women break the generational cycle of homelessness for themselves and their children. In 2024, 155 graduates secured employment or

enrolled in advanced training or school and 89% of graduates maintained or improved their housing.

Since 2001, 1,955 women have graduated from the program with more than 4,000 children. Women’s Empowerment is funded through private donations from the community and grants. To make a donation visit <http://www.Womens-Empowerment.org>.

“SAFE is thrilled to be able to help women get a

strong start on a healthier and higher quality of life,” said Lauren LeBov, a community impact manager at SAFE Credit Union. “We are especially committed to community programs like these that demonstrate our philanthropic goals to support affordable housing and life-skill development initiatives.”

SAFE Credit Union supports organizations and individuals working to improve the community and themselves, with

a focus on organizations that align with its pillars of philanthropy, including financial literacy and stability, workforce development, affordable housing and youth/young adult education. SAFE provides support through grants, sponsorships, direct donations, and volunteerism and invests in the future of community members with scholarship programs.

For more, visit safecu.org/community/community-impact.



A Women’s Empowerment graduate celebrates her new home at the nonprofit’s Trellis Gardens transitional workforce housing program. Women’s Empowerment receives a grant from SAFE Credit Union for the program. Photo courtesy of Women’s Empowerment

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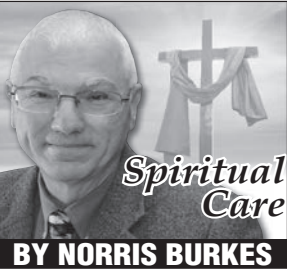
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Good Marriages Require Sweat Work



Wedding season is in full bloom for Elk Grove Park and area churches, I’ve seen the lovely dresses spilling from stretch limos, flowers flowing, and jewelry sparkling.

Looking at this outside view, I see the signs that the couple spent countless hours sweating the details of their lavish affair.

But long before this summer spectacular, I hope someone has asked the couple this question:

“You’ve prepared for the special day, but what have you done to consider the lifetime you are committing to?”

It’s a question I always asked the couple in my role as officiant and premarital counselor. But it was the questions the couple asked of me that sometimes threw me off guard.

For instance, just a few weeks before a wedding, I once had a groom-to-be toss me a “by-the-way bomb.”

“My fiancée wants to omit the promise, ‘Till death do us part.’ Would that be a deal breaker for the ceremony?”

Deju vu. It was the same question from a bride-to-be who asked me to change the promise to read, “Till love do us part.”

I told both couples, “I really have to stick with the unabridged format.”

The first couple responded by finding another chaplain. The latter couple dissolved their marriage when the groom left on a Navy cruise and the bride parted to go with a land lover.

Unfortunately, marriage

counseling is far less comedic and much more frustrating.

The most frustrating thing is that I feel like I have been blessed with a marriage that I cannot clone in others.

A good marriage is a complicated dish, and I don’t have the recipe, or I’d publish it. Often, I’ve come home from a difficult counseling case, and I’ll hold my wife tight.

There is no greater priority than my marriage, because I believe God gave marriage to mankind as the closest equal to unconditional love. Despite God’s intention for marriage, many are willing to take the risk of making marriage analogous to hell.

While working as a hospital chaplain, a respiratory therapist burst into my office, “Chaplain, Chaplain! She said ‘yes!’”

“She” was another therapist who’d just accepted his wedding proposal after two years of dating.

I knew them well enough to assume their biggest challenge would be to quit smoking. Despite what respiratory therapists witness, some still smoke like chimneys.

He heralded the news from floor to floor until he arrived on the bottom floor — literally and figuratively. His last stop was the nurses’ station where his old girlfriend was the shift manager.

She invited him into a supply closet where her congratulatory “hug” went much farther than it should have. In a hot Texas minute, a two-year relationship went up in smoke.

Hospital administration congratulated them both with unpaid vacations.

When I’ve seen people like these therapists risking something so precious, I’m often left shaken. It makes me try to define and categorize what I have in a vain attempt to keep it and control it. I wish it worked that way.

I am not entirely sure what my wife and I have. It’s the kind of love that continues, whether I burn the toast or burn my temper. It’s a love that tells me I’m forgiven before I ask. It’s the kind of love described in our wedding vow that “halves a sorrow and doubles a joy.”

Like many couples, we sometimes go to bed dead tired, sometimes too tired for the fun I seek and too tired for the prayers she wants. But we rarely are too tired to talk out our day and absolutely never too tired for our three good night kisses and “I love you.”

Still, maybe there is a thing that I know about marriage that respiratory therapists also know about smokers.

Therapists, who watch smokers die, know they are no less likely to become smokers.

Ministers, who watch marriages die, aren’t any less likely to divorce. It takes work to quit smoking, and it takes work to make marriages successful.

So, at the end of the day, I realize there is something Freudian about the way my fast fingers often seem to mistype “sweetheart” into “sweatheart.”

The typo is a great reminder that a good marriage takes a lot of work and spiritual sweat. Good marriages require honest heart work, but most especially real sweat work.

“I love you Sweat-heart!”

Sign up to receive this weekly column in your email box at <https://thechaplain.net/newsletter/> or send me your email address to comment@thechaplain.net.

All of Norris’s books can be ordered on Amazon. Autographed copies can be obtained on his website www.thechaplain.net or by sending a check for \$20 for each book to 10566 Combie Rd. Suite 6643 Auburn, CA 95602. ★

ABOUT TOWN

Genealogy Learning Event July 16

The Genealogical Association of Sacramento will hold a special summer event on Wednesday, July 16 at Belle Cooleedge library, 5600 S. Land Park Drive, Sacramento. We will hold a learning event with several stations to learn about various genealogy sites to explore for your genealogy expansion.

The doors open at 11:30 a.m. Bring a friend; bring two friends. It is free; there will be prizes and light refreshments. Questions? Call Melanie, 916-383-1221.

Area Museum Experiences

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

California Museum – Experience four decades of powerful activist printmaking in “Mission Gráfica: Reflecting a Community in Print,” a striking exhibition that showcases the rich legacy of Mission Gráfica, a renowned community print center in San Francisco. Featuring 42 vibrant screenprints from influential artists such as Carmen Lomas

Garza, Rupert Garcia, and Favianna Rodriguez, the exhibit explores themes of cultural celebration, political resistance, and social justice—from gentrification and gender equality to international solidarity. Through Sept. 14.

Details at californiamuseum.org.

California Automobile Museum – Sixty Years of Mustang. A comprehensive history of the Mustang, from when it first hit the roads in 1965 to the current era of Mustangs.

Highlighting stories from prolific names in Mustang history like Saleen, Shelby and Iacocca. Interactive experiences and digital displays showcase the iconic Mustang image over the decades.

Details at calautomuseum.org.

California State Railroad Museum– The Chinese Railroad Workers’ Experience offers visitors a view of the Chinese workers who built the western portion of the nation’s first Transcontinental Railroad. Marginalized by history, the Chinese workers were more than a nameless group of laborers.

Details at californiarailroad.museum.

Laser Light Shows at SMUD Museum of Science and Curiosity

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Elks Lodge 6 Calendar of Events

Elks Lodge 6 Sunday Breakfast, 8:30 am-11 am; \$15 tax included.

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

Martial Arts, Monday 5 p.m.

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

Karaoke Nights, Thursdays and Saturdays, 7 p.m.

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

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www.recsac.org

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Daily Mass: 8:00 a.m Monday through Friday • www.stasac.org

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Kings Korner

By V.G. Harris



I have long known that Sacramento Kings fans are true basketball fans, so the NBA finals were a real treat for everyone that loves the game.

Two small-market teams vying for the title of the best in basketball, with defense as the defining factor of the series. It was a clinic on team defense, and Sacramento fans had the privilege of witnessing exactly how it’s done

This series could have gone either way, and if Tyrese Haliburton hadn’t gone down in the first quarter of game seven, perhaps it’s Indianapolis celebrating Monday morning. We’ll never know, and for true Kings fans, seeing Tyrese go down with what experts’ suspect is an Achilles injury was a sobering moment.

If the injury is a torn Achilles, Haliburton will likely miss all next season and greatly hamper any chances the Pacers have of reaching the finals.

Now that the finals are over and the Oklahoma City Thunder were crowned NBA champions for the 2024/2025 season, one area where Indianapolis truly dominated was their bench. With a record-breaking 249 points in the series, led by TJ McConnell and Obi Toppin, the bench kept them in the fight, playing a key role in pushing the finals to its limit.

Both teams share players that are long and have huge wingspans.

Chet Holmgren proved why he was the No. 1 draft pick for the Thunder two seasons ago, setting an NBA record with five blocks in Game 7. He added 18 points, and his energy gave OKC what they needed as they capitalized on a Pacers team that found themselves short-handed in the first quarter of Game 7.

TJ McConnell’s 68 points, 28 assists, 19 rebounds and 14 steals, set a finals record for a bench player, but even this remarkable effort was no match for the defense of the Oklahoma City Thunder.

What can Scott Perry and his Sacramento Kings take from watching this series?

Value the talent you have and access it accurately. If the Kings have a shortcoming, it’s their inability to access talent.

Sacramento Kings fans are optimistic that with a leadership change, new GM will change that and begin the process with a notable find in the

upcoming NBA draft.

Is there a player at pick No. 42 that can make any impact with the Kings next season? Can Scott Perry and his staff find a diamond in the rough?

Unless a trade is made to move the Kings into the first round, that is what the new leadership team has to do.

Trades are beginning to occur, and 7-footer Kevin Durant is on the move. The same Kevin Durant that was drafted No. 2 overall by the Seattle Supersonics that became none other than the Oklahoma City Thunder.

The traveled Kevin Durant will settle in Houston, Texas, where he’ll reunite with former teammate Steven Adams to help the Rockets rebuild. In return, the trade sent Dillon Brooks, Jalen Green, and five second-round draft picks to the Phoenix Suns. Who ultimately wins this trade remains to be seen.

Draft choices matter, and the Sacramento Kings not only let fan-favorite Davion Mitchell go to the Toronto Raptors last season for a player who never saw a minute of regular-season action, they also threw in a second-round draft pick.

These are the moves that must stop if the Kings franchise is going to become a playoff contender.

Do Kings fans want to accomplish what OKC just did, and hoist the Larry Obrien trophy for the first time in franchise history? Of course, but I assure you fans will settle for playoff tickets every year as a place to start.

Mr. Perry, all eyes are on you! What exactly do you have in your bag of tricks that doesn’t include trading Domantas Sabonis? Add to that list Keon Ellis, Isaac Jones, Devin Carter and Keegan Murray.

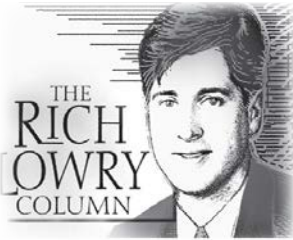
Teams are chomping at the bit to bite into our young talent that haven’t had the opportunity to show what their true potential is.

Moves are imminent, and while some fans will never be happy with the players that are traded, but patience and true appreciation for the young talent we have is needed.

Stay tuned Kings fans, because just as the sun will rise tomorrow, a trade is in the offing.

All the best!

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



The New Massive Resistance

On Sept. 30, 1962, the University of Mississippi experienced a “mostly peaceful” demonstration. As with all such protests, it was peaceful until it wasn’t -- it became a riot, and a particularly heinous and destructive one.

The mob attacked federal officers, including border patrol agents, with rocks and Molotov cocktails. They burned cars. They smashed streetlights. They ransacked buildings. They drove vehicles at the officers. And they did it all to try to prevent the federal government from enforcing the law.

This, discerning readers will realize, was the notorious Battle of Oxford, when students at Ole Miss and outside agitators exploded in fury to prevent the enrollment of James Meredith, an African-American, who was under the protection of federal agents.

President John F. Kennedy had federalized the Mississippi National Guard days before the disturbance, and sent in the Army when things got out of hand. Eventually, he drew on 31,000 troops, a necessary exercise of overwhelming force.

Now, once again, mobs are in the streets in opposition to federal power and federal law. We are probably at the beginning stages of another titanic struggle over whether the writ of

federal law will run in jurisdictions opposed to it, and over the morality of those underlying laws.

To use a term borrowed from segregationists in Virginia in the 1950s, the opponents of ICE are engaged in a campaign of “massive resistance.”

Virginia Democrat Harry Byrd and his allies came up with an across-the-board strategy to undermine Brown v. Board of Education. “If we can organize the Southern states for massive resistance to this order,” Byrd said, “I think that in time the rest of the country will realize that racial integration is not going to be accepted in the South.”

Similarly, Democratic officeholders and activists hope to make ICE raids so politically toxic and so painful to implement that the federal government stands down and accepts the status quo of routine lawlessness.

The opposition is relying on a version of another doctrine of the Southern resisters: nullification. This is the idea that states can invalidate federal laws that they deem an offense against our constitutional order.

This notion has a long, undistinguished history in this country as a precursor to the Civil War and, later, as a tool to attempt to preserve segregation. Although it is most associated with the South, other parts of the country have tried to resort to it as well.

Now progressive cities and states are joining the list. They have no equivalent of John C. Calhoun, the brilliant, if catastrophically wrong, South Carolina statesman who de-

veloped a sophisticated defense of the concept. Instead, they want de facto nullification, or nullification as a practical matter rather than a theory.

Los Angeles Mayor Karen Bass has been quite clear about this. “We need to stop the raids,” she insists. “The only thing it does is contribute to chaos.” Her attitude would take Los Angeles well beyond its status as a sanctuary city, which involves not affirmatively cooperating with the feds, and make it something else -- effectively a no-go zone for immigration officers and a jurisdiction that affirmatively resists them.

Of course, the anti-ICE resistance would reject any association with the massive resistance of yore, arguing that its cause is just, in contrast to the segregationist South. But violent opposition to law enforcement officers acting within their lawful powers is deeply wrong, whatever the underlying cause (and the mass illegal immigration imposes significant costs on our society).

If enforcing our laws is offensive to progressives, they should seek to change the statutes in question and pass a large-scale amnesty, rather than relying on a rioter’s veto to dictate what ICE agents can do and where they can go.

Violent mobs have no legitimate part to play in our democratic republic, not in Oxford, Mississippi, in 1962, not in Los Angeles, California, or anywhere else inspired by its sordid example in 2025.

Rich Lowry is editor of the National Review.
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Social Security Matters

What about Non-Career Veterans and their VA Healthcare?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: In your answer to the retired U.S. Navy veteran about why he is forced to enroll in Medicare, you focused on military TriCare’s requirement for the member to enroll in Medicare. But you said nothing about regular VA health care. If a non-career veteran is eligible for VA health care, couldn’t that be used in place of Medicare? **Signed: Veteran Advocate**

Dear Veteran Advocate: Thank you for your feedback. FYI, I have previously explained numerous times that veterans who rely on the VA for 100% of their healthcare can, indeed, disenroll from Medicare Part B (thus saving the monthly Part B premium). I don’t personally recommend it because of my personal experience, but it certainly is possible to do so. Personally, I use the VA for some of my healthcare needs - usually an annual checkup and optometry services - at my local VA clinic which is only a mile away from where I live. But for any

extensive treatment needs (medical tests, etc.) I must travel about 40 miles to the nearest VA hospital facility. For contrast, I have numerous private healthcare services, specialists, and hospitals very near where I live, but to use them under the VA I must get VA preapproval and use only certain VA-approved providers, which is inconvenient for me. Personally, I prefer the freedom to go to any healthcare service provider I choose, without restriction, at any time I need to. So, I use my VA coverage when it is convenient for me but rely also on non-VA, Medicare-approved specialists who I can choose to use (or not) at will. For me, it’s a matter of convenience and the freedom to use whichever healthcare provider I want. That said, I fully understand that some veterans rely exclusively on the VA for their healthcare needs, and I have explained to many who have written to me that they have that option. I have also published several public articles about this as well. Here is one such article:

<https://socialsecurityreport.org/ask-rusty-why-should-a-veteran-pay-for-medicare/>

So, please rest assured that we regularly advise our veterans about their healthcare options under Medicare, including the ability to decline Medicare Part B coverage if they have full VA healthcare

coverage. FYI, free Medicare Part A (inpatient hospitalization coverage) is mandatory to collect Social Security after age 65, but Medicare Part B coverage is always optional because there is a premium associated with Part B. A veteran can decline Medicare Part B coverage and save that monthly premium, but they would need to contact Social Security to do so. Social Security will want to interview the veteran to ensure they are aware of the potential financial consequences of not having Medicare Part B. And they may need to file form CMS-1763 (Request for Termination) But a non-career veteran can opt out of Medicare Part B if they get all of their healthcare services through the Veterans Administration.

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Politicians Agree on School Money But Poor Test Scores Need Attention



By Dan Walters,
CALMatters.org

Historically, the annual process of writing a state budget has often stumbled over how much money California should spend on its public school system and its nearly 6 million students. However, as Gov. Gavin Newsom and legislative leaders negotiate a final budget for the 2025-26 fiscal year, dealing with a multi-billion-dollar deficit, they have only small disagreements on school finance.

Both Newsom’s latest budget and the Legislature’s alternative draft would peg state spending on schools at \$80.5 billion, including transitional kindergarten, a new education subcategory.

That’s \$4.5 billion less than the current budget allocates, but with anticipated increases in education’s share of local property taxes, total spending would remain roughly even.

With schools off the table, politically, Newsom and legislators are wrangling over more contentious issues, particularly the reductions in medical and social services for poor, elderly and disabled Californians that Newsom seeks to close the budget gap.

The comity on school spending, however, shuns a debate that California’s politicians should be having — what to do about the system’s chronically subpar academic achievement.

This week the Public Policy Institute of California issued a timely reminder that there’s been little progress — and some regression — in such basic skills as reading and mathematics, with wide gaps among students tied to family income, ethnicity and other socioeconomic factors.

In an analysis of state academic tests that were administered last year, PPIC researchers reported that fewer than half of all students “met or exceeded state standards in English Language Arts, while about a third (36%) did so in math.”

The analysis also found that “proficiency rates were highest among Asian students: just above 70% in English and nearly two-thirds in math. White students’ rates were lower, with 60% meeting the standard in English and 50% in math. Proficiency rates were lower on average for Black and Latino students — 24% and 37% in English, respectively, and 18% and 30% in math.”

Also girls fared much better than boys in English. And proficiency in basic skills among low-income students is scarcely half that of those from moderate- or high-income families.

To cap it off, PPIC notes that California students’ rates of proficiency in federal tests continue to lag behind those of other states.

None of these findings is unexpected. California students have been lagging behind the state’s expectations and national norms for many years, even as spending on the school system has continued to climb to well over \$20,000 a year per pupil from state aid, local property taxes and federal subventions.

One would think that California’s stubbornly

mediocre — at best — education outcomes would sit atop the political agenda, given their negative effects on students and the state as a whole.

However, the Capitol’s discussions of education usually start and end with how much money schools should receive, when it’s obvious that school finances, while important, are just one factor in outcomes.

There are some signs of progress on those other factors, such as a recent agreement to encourage local school systems to use phonics in teaching elementary students how to read, the most important of all academic skills.

While the state is stopping short of mandating phonics, as many education experts advise, it’s a step forward that more or less declares a winner in the very long debate over methodology that’s been dubbed “reading wars.”

However, there’s also been some regression. As PPIC notes in its study, the state Board of Education, which tends to reflect the education establishment’s priorities, has adopted new definitions of academic test proficiency that could obscure embarrassingly low results. For instance, if a student scores below grade level, their performance will be labeled “Developing” or “Minimum.”

“Understanding student scores could be growing more difficult,” PPIC says. That’s not a good thing.

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. ★

Williams is Nation's Second Best Tight End

University of California, Davis Athletics News Releases

DAVIS, CA (MPG) - University of California, Davis' returning senior tight end Winston Williams has been named the second-best returning tight end in the nation by HERO Sports as part of its 2025 Football Championship Series season preview.

Williams was a 2024 First Team All-Big Sky Conference honoree and he ended the season leading all Big Sky tight ends in touchdown receptions, finishing second in the nation for most receiving touchdowns by a tight end.

When the 2024 season came to an end, Williams had racked up career numbers finishing with 265 receiving yards on 34 receptions, snagging six touchdowns while averaging 19.0 yards per game.

Aggie senior Ian Simpson joined Williams on the list, coming in at No. 24, giving the Aggies a pair among the Top 25 returning tight ends in the nation.

In other football news, UC Davis football has been ranked among the best in the nation, this time No. 11 in the country as part of the 2025 HERO Sports FCS Preseason Top 25 Media Poll.

The Aggies are among five Big Sky teams represented in the poll, and the No. 11 ranking places UC Davis as the third highest team in the conference to earn a ranking. No. 2 Montana State, No. 7 Montana, No. 10 Idaho and No.



The Aggies finished 2024 No. 5 in the nation after going 11-3 and making a deep run into the NCAA FCS Playoffs, reaching the quarterfinals for only the second time in program history while going 7-1 in Big Sky play. Photos courtesy of UC Davis Athletics

12 Sacramento State all joined the Aggies inside the Top 25.

This season, the Aggies open 2025 in Montgomery, Alabama in a ranked match up against No. 12 Mercer on ESPN as part of the FCS Kickoff Classic and they will make key trips to Washington, No. 10 Idaho while hosting Causeway Classic rivals No. 12 Sacramento State on Nov. 22 to wrap up the regular season.

The game at Washington is set for the BIG 10 Network and the game at Montana State is scheduled to be picked up by a linear ESPN network and, along with the season opener on ESPN, the Aggies will play a program record three games on national television



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FCS Playoffs, reaching the quarterfinals for only the second time in program history while going 7-1 in Big Sky play.

Second-year head coach and 2024 Eddie Robinson Award finalist Tim Plough and the Aggies return a collection of starters, including All-American safety Rex Connors, 2024 Fred Mitchell Award finalist Hunter Ridley and All-Big Sky Conference honorees Williams, Eli Simonson and Ernesto Nava.

UC Davis also signed and secure a strong collection of incoming freshmen and transfers from other programs to fill out a strong and competitive roster.

Season tickets are on sale now, and fans can head here to secure their spot in Shredville for the 2025 season. Tickets start at \$100 for new alumni and \$140 for the general public.

Football group ticket discounts start at 10 or more tickets and provide a great opportunity for gatherings and parties to enjoy Aggie football.

Create an unforgettable experience with a group by reaching out to the Aggie Ticket Office to customize your day at 530-752-2471. Fans can head to ucdavisaggies.evenue.net/events/FBS to purchase their group ticket packages. The Aggie Ticket Office is located at 1 Shields Ave., UC Davis Health Stadium, Davis and is open from 10 a.m. to 5 p.m. Mondays through Fridays. ★

ARC Swimmer Named State Athlete of the Year

Women's Tennis Recruits Among Mid-Major Top 25



Cadyn Pitzer, a sophomore and a swimmer from American River College, was named Tri-Swimmer of the Meet and won Performance of the Meet awards at a recent state event held at Santa Rosa Junior College. Photo courtesy of American River College

Compiled from California Community College Athletic Association and American River College websites

SACRAMENTO REGION, CA (MPG) - American River College swimmer Cadyn Pitzer was recently honored as the 2024-25 California Community College Sports Information Association (CCCSIA) State Male Athlete of the Year, solidifying his status as one of the top junior college athletes in the state.

Pitzer shares this prestigious recognition with Breanna Lutz of Palomar College, who earned the State Female Athlete of the Year award for her outstanding softball season.

The sports information association started the State Athletes of the Year honors in 2011-2012.

Pitzer's performance in the pool this year was nothing short of dominant, according to the American River College website. Pitzer shattered multiple school and meet records, consistently placing first in his individual events while also anchoring American River College's powerhouse relay teams. His versatility and power in the breaststroke and IM events made him the man to beat at the California Community College Athletic Association (CCCCAA) State Championships.

Pitzer not only brought personal accolades but was instrumental in leading American River to top finishes at each level of competition, according to the college website. His commitment to

excellence helped set a new standard for the Beavers' men's swim program, long considered one of the premier aquatic teams in the state.

Pitzer was named Tri-Swimmer of the Meet and won Performance of the Meet awards at the recent state event held at Santa Rosa Junior College.

The sophomore set a state meet record in the prelims for the 200-yard individual medley at 1:46.80 and later won the event gold at 1:47.63.

In the opening men's event, Pitzer helped the Beavers win the 200-yard freestyle relay. He then participated in a state record-setting swim as American River College won the 400-yard medley relay.

Pitzer opened day two with another state record as he joined teammates Josh Branson, David Tsypan and Gar Long to win gold in the 200-yard medley relay (1:28.86).

Pitzer then busted an 11-year record with a magnificent new state standard of 52.98 in the 100-yard breaststroke.

On the final day, Pitzer missed another state record by just .03 with his first-place triumph in the 200-yard breaststroke. Fittingly, Pitzer helped American River College close the meet with a win in the 400-yard freestyle relay.

Pitzer recently earned a scholarship to continue his academic and swimming career at the University of Kentucky.

It is the fourth time that a swimmer has won the men's Athlete of the Year award. ★



Last season, the Sacramento State University women's tennis team claimed its second straight Big Sky Conference Tournament title and NCAA Tournament berth. The Hornets were included among the region's best teams, ending the spring ranked No. 5 in the Northwest Region, according to the Intercollegiate Tennis Associations final poll. Photo courtesy of California State University, Sacramento

California State University, Sacramento Athletics News Release

SACRAMENTO, CA (MPG) - California State University, Sacramento women's tennis team's 2025 recruiting class has been ranked No. 18 in the nation among all mid-major programs, according to Tennis Recruiting Network.

"We are very excited for our new Hornets to finally arrive to campus this fall," head coach Sophie Breault said. "We have another strong recruiting class that will help us further elevate the program to new heights."

It is the second time in the program's history that the Hornets have been ranked among the Top 25, both coming in the last three seasons after Sacramento State's class of Reese Walker, Irene Riva and Elena Mercioiu was the No. 16 mid-major class prior to the 2023-24 campaign. The Hornets were among those receiving votes in 2024.

Sacramento State University is the only Big Sky Conference school and one of only four West Coast programs, along with San Diego (No. 7), Cal Poly (No. 13) and University of California, San Diego (No. 23), to make this year's mid-major ranking, which includes all colleges in all divisions except for those in the four so-called "power" conferences in college football, including the ACC, Big 10, Big 12, and SEC, as well as the Ivy League. The rankings do not factor in incoming transfer student-athletes or those who competed at another university in 2024-25.

The Hornets' incoming class is made up

of three players who have international ties.

Lisann Brinkmann is one of the top juniors in Germany, ranking as high as No. 109 in the German women's division and ranked No. 21 in the Under-18 division at the time of her signing.

Mexico's Cami Maldonado Gutierrez is ranked as one of the country's top 10 juniors while Isabella Temenugov, who was born in the Czech Republic, was the No. 32-ranked junior in Southern California and ranked as high as No. 24 in the Czech Republic at the time of her commitment.

Sacramento State University wrapped up the 2025 spring with a 21-4 overall record and a 7-1 mark in Big Sky play, finishing second in the regular season standings before claiming its second-straight league tournament crown and National Collegiate Athletic Association Tournament berth. The Hornets gained an Intercollegiate Tennis Association national ranking for the first time since 2015, reaching as high as No. 49 in the nation, while finishing the year ranked No. 5 in the Northwest Region and tied for the second-highest regional ranking since 2008 behind only the 2010 squad which reached No. 4 in the midseason rankings.

Memphis leads the 2025 top mid-major recruiting classes, followed by Rice, Furman, Louisiana Tech, University of Massachusetts, Florida Gulf Coast, San Diego, Stetson, Florida Atlantic and Air Force rounding out the Top Ten, with Navy, Fordham, Cal Poly and others including Sacramento State University, MIT, and Seton Hall completing the Top 25. ★

Blake Willey Claims Championship Silverware

Sacramento Republic FC News Release

SACRAMENTO REGION, CA (MPG) - On opening night, homegrown player Blake Willey became the second youngest player to start for Republic FC in a season opener.

Now, he's added another milestone to his breakout year.

On the week of June 11, the 18-year-old lifted the championship trophy in the Union of European Football Associations Friendship Cup.

Willey appeared in every match, including two starts, and added an assist to help the U.S. U18 Men's National Team go 4-0 against some of the top national squads in the world.

This was Blake's most senior national team call up to date. He has been on U.S. Soccer's radar since he was young, earning multiple Talent I.D. invitations, two stints with the U16s, and a training camp appearance with the U17s.

He first joined Republic FC as a part of its youth academy in 2017 and played at every age

level before becoming the seventh homegrown player to sign a pro contract with the club ahead of the 2024 season. In 2022, he was named the U15 Team MVP after leading his team to become the only non-Major League Soccer club to reach the MLS NEXT Cup semifinals.

Now in his second pro season, Willey has emerged as one

of the United Soccer League's brightest young stars. Prior to his national team selection, Willey appeared in every game across all competitions. In league play, Willey is among the team leaders across several stats categories, including seven chances created, nine tackles won and an 84% passing accuracy. ★