



Arden Arcade News

VOL 02 • ISSUE 7

Bringing You Community News For Over 30 Years

JULY 11, 2025

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INSIDE**

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'HOLY GRAIL' REFORM**



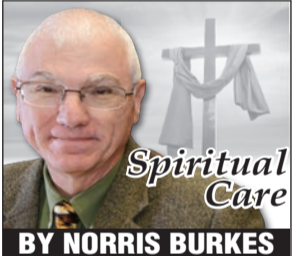
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**EVENTUALLY, A
TITLE WILL COME**



PAGE 6

**CHAPLAIN OFFERS ...
DATING ADVICE?**



PAGE 4



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Canoes, Kayaks and Cool Breezes

Where to Hit the Water for Summer Fun



American River Raft Rentals has two launch sites: The Sunrise location 11257 S Bridge St. is open daily through Oct. 31. Sailor Bar, a newer two-mile float option 4253 Illinois Ave., is open weekends through Labor Day. Rafts range from four-person (\$99) to 12-person (\$280). Photo courtesy of American River Raft Rentals

By Idaly Valencia

SACRAMENTO, CA (MPG) - While the summer heat in the Sacramento area is hard to beat, the region has several recreational areas to cool off by the water.

Kayaking, canoeing and rafting with friends and family are popular ways to enjoy the outdoors.

Here are nearby destinations where Arden-Arcade residents can rent or bring their own gear for a safe and memorable paddle adventure.

Nimbus Rentals

Nimbus Rentals offers fully equipped two-seat kayaks that don't require a roof rack. Located at 3651 Redding Ave., Sacramento, the business serves couples, families and travelers seeking a convenient outing at their preferred waterway.

Rentals include two life jackets (adult, youth or child), two paddles, a 20-pound dry bag, foam mount blocks, roof straps with quick loops and a transport wheel. Loading assistance is available at pickup.

Kayaks can be picked up between 7 and 9 a.m. and returned by 6 p.m. The daily rental fee is \$80, with a discounted \$60 rate for first-time renters. Pickup is near Tahoe Park; the exact address is provided upon booking. To book a rental, visit nimbusrentals.com, text 916-477-7311 or email rental@nimbusrentals.com.

Lake Natoma

Known for its calm waters, Lake Natoma in Sacramento County is

Continued on Page 3

Scams Target Customers of PG&E

**PG&E
Communications
News Release**

SACRAMENTO REGION, CA (MPG) - Utility scams have continued at an alarming rate this year, with Pacific Gas and Electric Company (PG&E) customers reporting more than \$190,000 in losses to scammers. PG&E is helping customers recognize the signs of a scam and avoid falling victim.

A typical sign of a scam targeting a utility customer includes a caller claiming to be from PG&E and threatening disconnection if immediate payment is not made via a pre-paid debit card, digital payment mobile application or other methods of money transfer.

As a reminder, PG&E will never send a single notification to a customer within one hour of a service interruption and will never ask customers to make payments with a pre-paid debit card, gift card, any form of cryptocurrency or instant mobile payment applications, such as Zelle® or Venmo.

"Scammers seek to create a sense of panic, threatening disconnection of utility services if immediate payment is not made. If a phone call, visit to your home or email doesn't feel right, don't fall for it. Hang up, shut the door and do not respond to the email," said PG&E Cybersecurity Risk Manager Amy Lucido. "Remember, PG&E will never ask for your financial information over the phone or via email, nor will we request payment via pre-paid debit cards or other methods of money transfer, including mobile applications."

So far this year, PG&E has received more than 10,000 reports of scams targeting residential and business customers with customers reporting losses of more than \$190,000. The average scam victim lost more than \$900 and more than 200 customers have reported falling victim. This number is likely just the tip of the iceberg however, as many scams go unreported.

Scams reported to PG&E by county so far this year: Butte 62; El Dorado eight; Glenn three; Nevada 18; Placer 75; Sacramento 270; San Joaquin 130; Shasta 32; Yuba 40; Tehama six; and Yuba 43.

Business customers are also not immune from scam attempts. In fact, PG&E has received 250 reports of scams targeting small and medium-sized businesses this year and these attempts frequently occur during busy business hours when scammers hope to catch unsuspecting

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From Guatemala to Graduation

Encina High School Twins Celebrate End of a Chapter



Mariela Garcia Lopez had her strengths in math and supported Marleny Garcia Lopez. Marleny supported Mariela by giving her heads-up on topics discussed in the subjects they both took. Photo courtesy of San Juan Unified School District

**San Juan Unified
School District
News Release**

SACRAMENTO AREA, CA (MPG) - As their final year at Encina High School recently ended, Marleny and Mariela Garcia Lopez reflected on their journey from Guatemala to graduation.

In 2022, the Garcia Lopez twins underwent

a drastic change in their lives as they returned from Guatemala to the United States and enrolled at Encina High School toward the end of their freshman year.

Moving to another country was not the only adversity Marleny and Mariela experienced. A year before their big move, they lost their mother, which resulted in them

dropping out of school.

Marleny shared that she was ready to give up after day two at Encina.

"It was hard for me. I did not understand anything," said Marleny. "I would hear others talk but I did not know what to do."

Mariela also encountered challenges due to the language barrier, as well as a lack of motivation. Mariela did not imagine herself

making it to graduation; she was focused on learning rather than passing.

"It wasn't until I saw other students graduate and all the end-of-year celebrations, it brought me joy but also pressure," said Mariela.

Through it all, the sisters were each other's support system. While Mariela had her strengths in math

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Capital Stage Appoints Managing Director



Liz Gray succeeds long-time managing director Keith Riedell at Capital Stage. Photo courtesy of Capital Stage.

Capital Stage News Release

SACRAMENTO, CA (MPG) - Capital Stage is announced the appointment of Liz Gray as its new managing director on July 9. Gray will succeed long-time managing director, Keith Riedell, who will retire at the end of August after 19 years of dedicated service. The company is in the initial planning stages for the transition.

Liz Gray is a graduate of New York University and Virginia Tech. She holds a Master of Fine Arts in Theatre, Arts Leadership and a graduate certificate in nonprofit and nongovernmental organization management.

She comes to Capital Stage with experience in

arts marketing and communications, project management, donor cultivation, board of directors' collaboration and nonprofit leadership. Gray has designed and implemented multi-channel and multi-year fundraising initiatives, facilitated strategic planning for arts organizations and devised programs to sustain and expand cultural institutions across the country.

Recently, she worked as a consultant with the Academy Center of the Arts to develop a \$6 million capital campaign, collaborating across departments and with board members to create long-range funding strategies. Additionally, she has worked with organizations on fundraising planning

to promote story circles for Indigenous knowledge sharing and to foster the reach of disability arts.

Gray's recent research focused on studying relational fiscal models between historic nonprofit theatres and city entities, analyzing the impact of executive succession on arts institutions' contributed revenue, and structuring organizational advancement through change management processes. As a strong proponent of accessibility, she looks to promote equitable and transformative experiences through the arts.

Michael Stevenson, the artistic director at Capital Stage said, "I'm thrilled to welcome Liz to our team, her extensive experience in arts administration,

fundraising and marketing make her a perfect fit for Capital Stage. She brings a new set of eyes as well as a creative spirit to meet the challenges of running a bold, risk-taking theatre, and to help lead the company into our third decade."

Gray shared, "It is a privilege to step into the role of managing director at Capital Stage, an organization that has long stood at the intersection of artistic connection and creative disruption in Sacramento. This is a company that challenges perspectives and invites the community into meaningful dialogue through impactful storytelling, and I'm grateful to build on Keith Riedell's work and the nonprofit's twenty-year legacy. I

look forward to collaborating alongside our artists, staff, board and audience to ensure that Capital Stage remains a space where bold ideas are explored, and boundaries are pushed; where theatre continues to be a catalyst for reflection, empathy and change."

Outgoing Managing Director Keith Riedell joined Capital Stage in 2007 during the second season and was appointed general manager in 2014 and managing director in 2021. Under his leadership, Capital Stage strengthened its position as one of the Sacramento Region's most critically acclaimed theatre companies and expanded its artistic and educational programming.

Among his many accomplishments, Riedell is

credited with creating and implementing Capital Stage's five-year strategic plan in 2023, which will guide the company into the future.

Capital Stage is a professional nonprofit theatre company in Sacramento dedicated to creating transformative, thought-provoking theater experiences that challenge, inspire and connect. ★

Entertainment Zones Allow Street Drinking

City of Sacramento News Release

SACRAMENTO, CA (MPG) - The Sacramento City Council in June approved an ordinance establishing designated entertainment zones, a move that will support local business, support economic development and create a festive event atmosphere.

The ordinance was developed by the City's Office of Nighttime Economy in partnership with the Entertainment Services Division. It authorizes the creation of three initial entertainment zones in Sacramento:

Entertainment Zone: 20th and K streets

Ali Youssefi Square Entertainment Zone: Ali Youssefi Square and adjacent area including K Street between 7th and 8th streets

Convention Center Entertainment Zone: Area surrounding the SAFE Credit Union Convention and Performing Arts Center

"This can help bring what we want to see," said Mayor Kevin McCarty. "More activity in the Central City and more economic development in a targeted zone."

Entertainment zones are areas where the

consumption of alcoholic beverages is allowed on public streets, sidewalks or other public rights-of-way during special events. Under Senate Bill 969, which took effect in 2024, local jurisdictions may create such zones by ordinance. When active, they allow patrons to purchase to-go alcoholic beverages from licensed bars, restaurants, breweries and wineries and consume them in common public areas.

"The goal is to enhance the experience for those attending special events in Sacramento and increase revenue for businesses," said Tina Lee-Vogt, the



The Ali Youssefi Square Entertainment Zone includes the square and adjacent area including K Street between 7th and 8th streets. Photo courtesy of City of Sacramento

city's nighttime economy manager.

Each zone will operate under a management plan to ensure public safety and neighborhood compatibility. An approved Special Event permit will be required for any activation. When a zone is active, its boundaries will be clearly marked – for example, with signage or sidewalk decals – to help guide

participants and maintain compliance.

The city has worked closely with business associations to identify initial zones and will continue stakeholder engagement as implementation progresses. Staff will provide updates and may seek council approval for additional zones throughout the city.

With the new ordinance, Sacramento joins cities

like San Francisco, Santa Monica and Long Beach that have approved entertainment zones.

Several others, including San Jose and Santa Clara, are exploring similar efforts.

For more information on Sacramento's entertainment zones, contact the Office of Nighttime Economy at nighttime@cityofsacramento.org. ★

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Canoes, Kayaks and Cool Breezes



Rafting on the American River is a classic summer tradition. American River Raft Rentals at 11257 S. Bridge St. has offered self-guided floats since the 1970s. Photo courtesy of American River Raft Rentals

Continued from Page 1

ideal for flatwater kayaking. Limited motorized boat use makes for a chill and easygoing day on the water.

Lake Natoma Paddle Rentals at 9600 Greenback Lane offers four watercraft options: paddleboards and single kayaks for \$20 per hour, tandem kayaks (two-person) for \$30 and canoes for \$30. Rentals are available daily from 9 a.m. to 7 p.m. through Oct. 13. Two-hour beginner kayak lessons and lake tours are available for \$79, included with gear.

For bookings or more information, visit lakenatomapaddlerentals.com.

The Sacramento State Aquatic Center, also located at Lake Natoma, 1901 Hazel Ave., offers rentals and classes in activities such as sailing, rowing, paddling, windsurfing, wakeboarding and jet skiing. Spaces are also available to rent and host events.

California State University, Sacramento alumni and affiliates

receive discounts. For currently-enrolled students, cost for rentals is almost half price upon showing photo identification. For more details, visit sacstateaquaticcenter.com or call 916-278-2842.

American River Raft Rentals

Rafting on the American River is a classic summer tradition. American River Raft Rentals in Gold River has offered self-guided floats since the 1970s. There are two launch sites: Sunrise at 11257 S. Bridge St. and Sailor Bar at 4253 Illinois Ave., both with shuttle service back to the starting point.

The Sunrise launch site is open daily through Oct. 31. Sailor Bar, a newer two-mile float option, is open weekends (Saturday and Sunday) through Labor Day. Rafts range from four-person (\$99) to 12-person (\$280). Rentals are from 9 a.m. to 1 p.m., depending on river conditions. To learn more, visit raftrentals.com or call 888-338-RAFT.

Cosumnes River Preserve

For paddlers with their own gear, the Cosumnes River Preserve offers free-flowing, flat water ideal from spring through fall. It's a scenic spot for nature lovers to explore local wildlife and wetlands.

Tide information and navigation tips are available at cosumnes.org/paddle-the-river. Guided paddle tours are available and led by experienced instructors.

Paddlers must bring their own equipment. The preserve is open daily from 9 a.m. to 5 p.m. at 13501 Franklin Blvd., Galt. For

more information, call 916-684-2816.

Sacramento Barge Canal Access

The Barge Canal Access in West Sacramento is a local favorite for kayaking, canoeing, fishing and boating. Located at 2100 Jefferson Blvd., near South River Road, the site includes parking, a hand-carry boat ramp, picnic areas, a walking trail and interpretive panels.

The ramp provides access to the Sacramento River and the Sacramento Deep Water Channel for hand-carried watercraft. Visitors must bring their

own gear. Seasonal hours through Nov. 1 are 7:30 a.m. to 7 p.m. every day.

Lodi Lake

The boathouse at Lodi Lake is a go-to paddling destination for Sacramento and Central Valley residents alike.

Rentals include basic and premium single kayaks (\$22 to \$35), tandem kayaks (\$44), paddleboards (\$22) and pedal boats. Rentals are available hourly, with lower rates for additional hours.

Hours are 10 a.m. to 5 p.m. on weekdays and 10 a.m. to 6 p.m. on weekends, with rentals ending

one hour before closing.

Lessons in kayaking and stand-up paddleboarding are \$92 per person. A free Community Paddle is at noon Thursdays for those with their own kayaks; rentals for the event are \$45 (plus tax) or \$20 (plus tax) for children 10 and under.

Lodi Lake Boathouse is at 1101 W. Turner Road, Lodi. For more information, visit lodiboathouse.com or call 209-471-5988.

Wherever you choose to paddle this summer, stay hydrated, wear a life vest and have fun exploring the region's scenic waterways! ★

From Guatemala to Graduation

Continued from Page 1

and supported Marleny, Marleny supported Mariela by giving her a heads-up on topics discussed in the subjects they both took.

While the twins received guidance from multiple Encina High staff members, school and

community intervention assistant Juanita Gonzalez left a lasting impact on them.

Gonzalez supported Mariela and Marleny through language barriers and navigating a new educational system. She was assigned to support

the new Encina High students. Upon their arrival, Gonzalez helped the Garcia Lopez twins understand the school's rules, communicate with their teachers and overall cheer them on.

Fast forward to their senior year and the Garcia

Lopez sisters were recognized at their school's senior awards ceremony. The students received a certificate from the President's Education Awards Program in recognition of their outstanding academic achievement.

Having adjusted to

Encina High, Marleny joined the girls' varsity soccer team. Marleny played defense for the team for two and a half years but decided to leave the sport, as she had to prioritize her work.

"I know that work is important," said Marleny. "I know that I have to take on certain responsibilities as each year passes by, even if it means leaving

one thing for another."

As first-generation students, the Garcia Lopez twins take pride and joy in completing high school and pursuing higher education. They will attend local community colleges and pursue a career as nurses. Marleny and Mariela have a passion for helping others and look forward to a career where they can do so. ★



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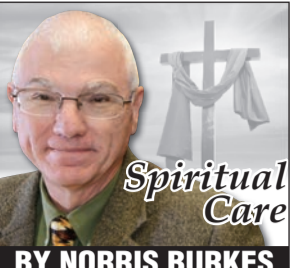


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Chaplain Offers ... Dating Advice?



BY NORRIS BURKES

opening line to avoid confusion: "Hello, this is Sara at Chispa Project, the non-profit in Honduras!"

"Hi, I'm trying to access my account and..."

"Ooh, so sorry!" Sara says in perfect Spanish, "You've reached Chispa Project, the non-profit in Honduras."

"I really need to get on your site ASAP..." insists the caller.

"Sorry, we're not related to the Chispa dating app. Wrong number."

They beg her, "Can't you connect me to the right person?"

Listening to Sara patiently explain – again and again – that she's not tech support for a dating app reminds me of how often Jesus had to clarify his mission for those who misunderstood him. People sought a political savior or miracle worker, but Jesus kept emphasizing a different purpose.

Despite all the parables, analogies, metaphors, and symbols Jesus used, he was clear and repetitive about one thing in particular—love—the chispa that lights everything else.

When he said to "love the Lord your God with all your heart, soul, and mind," and to "love your neighbor as yourself" (Matthew 22:37-39), he pointed to the fire that kindles true connection, purpose, and transformation.

Like a single chispa that can ignite a flame, love sets everything in motion—whether it's changing a life through a children's book, finding a life partner, or growing closer to God by following Jesus' example.

To be clear, this columnist does not endorse the dating app in question. I'm already locked into a lifetime subscription with my wife, Becky.

It's not the fleeting spark

of romance I'm looking for, but a different kind of spark: one that ignites compassion, healing, and humility. These days, I find myself affirming the love that kindles true connection, purpose, and transformation – like Jesus taught.

How can we all become more fluent in the amor that demonstrates empathy? An amor that humbles us across differences?

In Greek, this type of amor is described as agape—a love that is unconditional, selfless, sacrificial. It's the choice to love regardless of circumstances or feelings.

In English, it might seem that Chispa, the app, and Chispa Project, the non-profit, offer the same thing—a spark of love. Make no mistake, both are important and necessary, but they are different.

Chispa, the app, offers a chance at romantic love. Chispa Project, the non-profit, encourages the agape love for our neighbors.

I keep telling Sara that she should charge a minimum donation for each of the crisscrossed Chispa calls she gets, but she always mutters something about honesty and goofy dad ideas.

But now the choice is yours—what will you do to spark agape in whatever Chispa you end up calling? What chispa will you ignite in your community?

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. ★

California State Fair

July 11-27

TIMES LIKE THESE

New Hours:

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Fri - Sun: 10am - 10pm

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JULY 11-27, 2025

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Fri-Sat Come before 5pm (Valid Time)

<p>\$1 For 6 people \$95.00 + Gratuity</p> <p>3Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room)</p>	<p>\$1 For 18 people 295.00 + Gratuity</p> <p>3Hours Karaoke + 3Pizza + Pitcher Soda + 7 Main Dishes (Large Room)</p>
<p>\$2 For 12 people \$210.00 + Gratuity</p> <p>3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Medium Room)</p>	<p>\$3 For 28 people \$385.00 + Gratuity</p> <p>3Hours Karaoke + 3Pizza + Pitcher Soda + 8 Main Dishes (Party Room)</p>
<p>\$3 For 14 people \$230.00 + Gratuity</p> <p>3Hours Karaoke + 2Pizza + Pitcher Soda + 5 Main Dishes (Family Room)</p>	

Dishes To Choose From

FROZEN & FISH DEPT

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REG. \$9.99/EA

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Frozen Sardines 5 lbs

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\$10.99

WEEKLY MEAT SPECIALS

<p>Beef Cross Rib/Shoulder Roast-Bnls \$5.99/lb</p>	<p>Beef New York Roast - Bnls \$7.99/lb</p>	<p>Boneless & Skinless Chicken Thigh Meat \$2.99/lb</p>
<p>Pork Tenderloin \$2.99/lb</p>	<p>Pork Butts Boneless \$2.99/lb</p>	<p>Pork Baby Back Ribs \$4.99/lb</p>

WEEKLY HALAL SPECIALS

<p>Boneless & Skinless Chicken Thigh Meat \$2.99/lb</p>	<p>New Zealand Lamb Shoulder Chops Bone-In \$4.99/lb</p>	<p>Beef Cross Rib/Shoulder Roast-Bnls \$5.99/lb</p>
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FRESH PRODUCE

<p>Russet Potato 10 lb Bag</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$2.59</p>	<p>Celery</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">89¢/ea</p>	<p>Cilantro Premium</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">2/\$1.00</p>	<p>White Potato 10 lb Bag</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$4.99</p>
<p>White Whole Mushroom 8 oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$1.99</p>	<p>Enoki Mushroom 150 g</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">99¢/ea</p>	<p>Kabocha</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">79¢/lb</p>	<p>Shanghai Bokchoy</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">99¢/lb</p>

AMERICAN/HISPANIC GROCERY

<p>Gain Original Detergent 4.55 liter</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$19.99</p>	<p>McCormick Taco Seasonings 1 oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$1.29</p>	<p>Clos Pissarra Lum White Wine 750 ml</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$5.99</p>	<p>Maseca Corn Flour (gluten free) 4 lbs</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$4.99</p>
<p>Capri Sun Fruit Drinks 10 x 6 fl oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$2.99</p>			

ASIAN GROCERY

<p>UFC Canton Noodle 16 oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$2.99</p>	<p>Aroy-D Coconut Milk 13.5 fl oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$1.49</p>	<p>SPAM Seasonings 12 oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$4.99</p>	<p>Jans Crunchy & Tasty Snacks 5.29 oz</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$2.99</p>
<p>Bamboo Tree Coconut Water 1 liter, Box</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$2.49</p>	<p>REG. \$2.99/ea, \$27.99/case</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$24.99</p>		

EUROPEAN GROCERY

<p>Damla Assorted Soft Candy 850 gr</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$6.99</p>	<p>Ichna Condensed Milks 370 gr</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$3.29</p>	<p>LOV Roasted & Salted Sunflower Seeds 200 gr</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$3.29</p>	<p>Nutella B-Ready 132 gr</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$3.99</p>
<p>Franzeluta Sushka 3 Flavors 500 gr</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$2.99</p>			

EUROPEAN DELI

<p>Columbus Black Forest Ham</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$8.99/lb</p>	<p>Hickory Smoked Turkey</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$11.79/lb</p>	<p>Hot Pitted Green Olives</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$6.09/lb</p>	<p>Zesty Garlic Olives</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$5.99/lb</p>
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<p>ELECTRIC RICE COOKER (10 CUPS)</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$59.99</p>	<p>ELECTRIC BBQ GRILL</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">\$39.99</p>

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JULY 09 - JULY 15, 2025.

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County's Fastest Housing Project Completion Serves Homeless Seniors Around the Clock

By Seth Henderson

SACRAMENTO REGION, CA (MPG) - Sacramento County, HOPE Cooperative and Enki Development Group have partnered together to create Grow Florin Interim Housing, with space for 72 transitional housing beds for homeless seniors aged 55 and older with Community, Assistance, Recovery and Empowerment (CARE) court participants as a priority population, according to the Sacramento County Department of Health Services.

Built in 324 days, Grow Florin Interim Housing is the county's fastest completed housing project, due to strict deadlines outlined by the Behavioral Health Bridge Housing grant, totaling a capital investment of \$5.4 million, according to the Department of Health Services.

The Community Assistance, Recovery, and Empowerment Act aims to provide community-based mental health and related services, support and accountability for individuals living with untreated schizophrenia psychotic disorders, according to the Superior Court of California.

Making up the 72 beds are 32 singles, 20 doubles and eight ADA-compliant cabins. The project was funded by the Behavioral Health Bridge Housing grant, awarded to Sacramento County in partnership with HOPE Cooperative to serve individuals with severe mental



Sacramento County and its partners collaborated in 324 days to complete the county's fastest housing project with Grow Florin Interim Housing, seeing a total capital investment of \$5.4 million. Photos courtesy of Sacramento County's Department of Health Services



The project's 72 beds include 32 singles, 20 doubles and eight ADA-compliant cabins.

illness and substance abuse disorders.

The campus is co-ordinated by zones

to create miniature communities and each cabin has its own power source. Climate-controlled cabins,

a mini fridge, a communal kitchen and a dog park are some amenities included for residents. Tenants



Nearly 100 attendees huddled under a shaded tent to celebrate Sacramento County's Department of Health Services newest resource for seniors with behavioral health and housing needs.

receive three meals per day and access to behavioral healthcare, case management, housing navigation, employment, education support and help developing life skills, according to the Department of Health Services.

The county is compiling a list of future residents anticipating being placed into the Grow Florin Interim Housing with expected operating costs of \$3.1 million and an additional \$920,000 allocated for flexible funding supports, according to the Department of Health Services.

Individuals will be selected through

the Community Assistance, Recovery and Empowerment court process, taking into account referrals from Sacramento County's Homeless Engagement and Response Team to ensure the program prioritizes individuals most in need, according to the Department of Health Services.

HOPE Cooperative is responsible for making sure daily operations comply with all county, state and federal guidelines to meet the needs of the Sacramento County Good Neighbor Policy. The property is surveilled with 39 cameras and 24/7 patrols by SafeChoice Security. ★

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Kings Korner

By V.G. Harris



The Milwaukee Bucks won their first NBA title in 1971, and it took 50 years for the Bucks to win a title again. A fellow by the name of Giannis Antetokounmpo helped them accomplish this task, but players of his caliber are in short supply.

The Sacramento Kings have been in Sacramento for 40 years without reaching the finals or winning a championship. But make no mistake, fans in Kingstown still believe an NBA title will eventually come to Sacramento.

Sadly, during the offseason, fans are hearing far too much about mid-level exceptions, aprons first and second, collective bargaining and salary caps. Frankly, the NBA has one of the most complicated systems regarding player compensation, and it takes someone with an advanced degree in economics to comprehend it.

What we know, is that in the aftermath of seeing mega popular DeAaron Fox trot his talents to the San Antonio Spurs midway through the 2025/2026 season, the Kings have navigated the point guard position much like a rudderless ship.

Freshman GM Scott Perry, tasked with replacing De' Aaron Fox, last week signed journeyman Dennis Schröder, a former #1 draft choice by the Atlanta Hawks in 2013. Schröder was chosen #17 overall and for the past 12 seasons has seen playing time with Oklahoma City Thunder, Los Angeles Lakers, Boston Celtics, Houston Rockets, Toronto Raptors, Brooklyn Nets, Golden State Warriors and finally the Detroit Pistons.

Originally from Germany, where he played professionally and for the German national team in the Olympics, one could say Schröder has seen America from coast to coast.

Dennis Schröder's career stats are not gaudy, but 13.9 points per game being as traveled as he's been, shows he can contribute when needed. Five assists per game and 3 rebounds aren't eye popping, but it's important to remember why the Kings went out to get him.

Sacramento has a plethora of scoring power in the starting lineup and coming off the bench. What has been lacking since the departure of Fox, is a capable distributor of the basketball.

At 2.2 turnovers per game Schröder has a better control average than DeAaron Fox, so at least in one regard the Kings have made

an upgrade.

Not many players would clammer to be the replacement for a point guard as popular as Fox, but Sacramento fans are a generous crowd, and I expect to see fans give Dennis Schröder an ample opportunity to display his talents.

Do I think Schröder can be a capable replacement? Absolutely! He won't score 24 points per game or go coast to coast with the type of speed that DeAaron does, but neither does anyone else.

Scott Perry was given a thankless job, and if Schröder can come in and give the Kings 14 points per game, and take care of the basketball, there's a good chance that the playoffs of two seasons ago won't be the exception to the rule.

Coming off the bench is last year's first round draft choice Devin Carter, and Sacramento has a rookie guard in Nique Clifford that is going to need playing time, so don't expect to see Schröder get much more than 20-25 minutes per game.

Perry is likely to have more moves coming, so keep your eyes on summer league Kings fans, and don't forget that Sacramento also drafted a 7-footer in Maxime Raynaud. It will be interesting to see how coach Christie uses his new big man.

Sadly, popular Jonas Valanciunas won't be suiting up for the Kings this season, as he was traded last week to the Denver Nuggets for Dario Saric. Saric will be a role player, and spell Sabonis off the bench. At 6' 10" and 225 lbs. this 31-year-old will undoubtedly see playing time.

Players like Isaac Jones and Devin Carter are still trying to open eyes, so this year's summer league will be an opportunity to showcase their talents and allow Doug Christie to see their growth over the season.

NBA pundits have praised the Kings' draft this year, and I concur with their accolades. There's real optimism as this team is deep in talent. It remains to be seen how that talent will come together, and whether the Kings can take the young talent they have to the next level.

Stay tuned Kings fans, because this roster isn't cast in stone just yet!

All the best!

Your thoughts are always welcome at vghar-riskingsfan@gmail.com. ★

Social Security Matters

Can I Switch to a Taxi Driver Job Without Hurting my Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I opted to draw my Social Security retirement benefit early and work part time. The company I work for has decided to pull me from field work due to my age and health. Although they are great keeping me at 20 hours per week running for parts and doing office work, I'm not sure how much longer it will last. I'm thinking of taking a taxi driving job to keep my income enough to live on. The way it would work, I would lease the cab for some amount of dollars per day, set my own hours to work and collect anywhere from \$1.40 to \$4.00 per mile, depending on what type of fare. My question is: how does Social Security look at that type of employment? Would I be held to the 15 - 45 hours a month standard? I could never come close to making the \$1,200 to \$1,300 a month I need by working so little. Any advice is greatly appreciated. **Signed: Seeking Advice**

Dear Seeking: If you go ahead with your plan to lease a taxicab instead of continuing your current employment, you would, in effect, be considered "self-employed" and would submit your income tax return to the IRS accordingly. Social Security would get your earnings information as reported to

the IRS, and it would be your net earnings from self-employment (after deducting all your business expenses) that is reported to SSA by IRS. There is, however, a special rule which would apply to you in your first calendar year of self-employment while collecting early Social Security benefits.

Since, in your first year, some of your earnings would be as a part-time employee paying SS FICA payroll taxes, Social Security would first look at your earnings as an employee to see if you exceeded the annual earnings limit (\$23,400 for 2025). Then, upon starting your self-employment, Social Security would look at the hours you spent performing "substantial gainful activity" (e.g., driving your taxi) each month and, if you spent more than 45 hours per month in that capacity, you would not be considered "retired," and thus, not eligible for Social Security in any month you exceeded that amount of hours. If you earned less than the annual limit in total (both as an employee and while self-employed), you would get benefits for all months of the year. But if you earn more than the annual limit, you will get no benefits for any month you exceeded 45 hours as a self-employed person. Again, this only applies during the first calendar year of self-employment - in the following year only your net earnings from self-employment would count toward the annual earnings limit.

In effect, SSA would use the hours-worked standard to see if you are truly retired or actually working. If the latter, they would withhold

SS monthly benefits for any month you exceed 45 hours working while self-employed (up to and including December of your first calendar year of self-employment), and only if your total income (as an employee and while self-employed) exceeds the annual limit.

So, if your goal is to net \$1,200 - \$1,300 per month as a self-employed taxi driver, that would be well within the limits of the annual earnings test (\$23,400 for 2025 but changes yearly). But there may, or may not, be a reduction in your Social Security benefits during your first year of self-employment, depending on when you start as self-employed. Note that SSA will ask about your work plans when you apply, and if you expect to stay under the annual limit (working part time in both capacities), you should get full SS benefits. Just be careful to stay under the annual earnings limit for those collecting early Social Security benefits. FYI, earnings from before your SS benefits started don't count toward the earning limit.

Note, too, that your monthly Social Security benefit will be actuarially reduced according to how far in advance of your full retirement age you claim SS. Whenever SS benefits are claimed prior to one's full retirement age, those benefits are permanently reduced.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). ★



Blow up Washington, D.C.'s Brutalist Buildings, and the Sooner, the Better

There's a reason God created dynamite. The brutalist federal buildings that have blighted Washington, D.C., for decades deserve the same fate as Carthage after the Third Punic War, and the nation's capital is finally beginning to move on from these concrete monstrosities.

The Department of Housing and Urban and Development just announced that it is leaving its god-awful headquarters in Washington for a less hideous space in Northern Virginia. HUD Secretary Scott Turner has described the structure as "the ugliest building in D.C.," which is a dubious claim only because there are so many other buildings in Washington that compete for that distinction. He's not the first HUD secretary to hate the building. Jack Kemp called it "10 floors of basement."

Meanwhile, the FBI is also departing its HQ, designated by the U.K. building materials retailer Buildworld as the ugliest building in the United States and the second ugliest in the world.

The moves are in keeping with the spirit of President Trump's executive order stipulating that federal buildings should "respect regional, traditional and classical architectural heritage in order to uplift and beautify public spaces and ennoble the United States and our system of self-government."

That EO should be considered common sense, but has several trigger words for defenders of the architectural status quo, including "traditional," "classical" and, perhaps foremost of all, "beautify." In response, the American Institute of Architects expressed its "strong concerns that mandating architecture styles stifles innovation and harms local communities."

According to The Nation magazine, Trump's initiative is part of an agenda to "make historical architecture on the whole inextricable from Eurocentric white supremacy." In short, it's an unforgivable offense to want a government building to look nice.

Brutalism, with its blocky, minimalist structures made of poured concrete, was a creation of a post-war Europe that wanted to embrace the fresh and new and to economize on rebuilding. Although the name "brutalism" perfectly captures the aesthetic effect, it actually comes from the French for "raw concrete," "beton brut."

To be sure, concrete is extremely important to modern life, but no one has ever said, "Oh, it's so elegant and uplifting." The brutalist buildings in Washington were largely built between the late 1960s and mid-1970s, an era of grievous architectural mistakes, including cookie-cutter multiple-purpose baseball stadiums and modernist Catholic churches. The buildings never had a heyday, but were hated when they were erected and are still hated now.

The seedbed of the trend was a Kennedy administration commission that advocated contemporary

designs and said -- laughably, in retrospect -- that federal architecture should "reflect the dignity, enterprise, vigor and stability of the American national government."

Instead, the brutalist buildings speak of a lumbering bureaucracy with no regard for the sensibilities or priorities of ordinary people. They are about what you'd expect if a DMV were headquartered in a maximum-security prison or in a massive pillbox.

The buildings could easily be used as stage sets for docudramas about East Germany. They are a tribute to soulless monumentality and a gut punch to the human spirit. If they don't eventually get a well-deserved appointment with a wrecking ball, they should be donated to North Korea.

The original justifications of brutalism no longer apply. The buildings aren't new anymore, and aren't cheap. They haven't aged well in any sense, not aesthetically or functionally. The FBI building is literally falling apart, and the expense of maintaining the HUD building has become ruinous.

Defenders of the brutalist buildings say that they are now part of our heritage and should be preserved as such. That's not fair, though, to the people who have to work in them, or who walk or drive by them every day. They are a net subtraction to the D.C. landscape and to human happiness. If one of them has to be kept for historical reasons, it should be made into a Smithsonian museum devoted to idiotic fads that were indulged for much too long.

Rich Lowry is editor of the National Review.

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California Lawmakers Finally Achieve 'Holy Grail' Reform



By Dan Walters, CALMatters.org

Jerry Brown once described reform of the California Environmental Quality Act as "the lord's work" but he, like other recent governors, was not willing to invest enough political capital to change it.

Simply put, significantly altering CEQA, which then-Gov. Ronald Reagan signed more than a half-century ago, would require confronting two powerful interest groups: environmental organizations and labor unions, which have weaponized the law to achieve their goals.

Brown made one stab at compelling the Legislature to alter CEQA in 2016, but otherwise left it to his successor, Gavin Newsom.

For six years, Newsom echoed the attitudes of his predecessors, critical of CEQA's misuse to block housing and other much-needed projects, or compel developers to hire unionized labor or jump through other hoops, but unwilling to confront it head-on.

Instead, he and the Legislature nibbled at the edges of the law and gave specific projects, such as sports arenas, exemptions.

Finally, however, the social and economic costs of leaving CEQA intact became too high. The state's critical shortage of housing continued despite innumerable policy

declarations aimed at spurring investment. It became downright embarrassing that a politically dominant Democratic Party pledged to socioeconomic equity was unable to deliver on promises to make housing more abundant and affordable.

California starred in a New York Times video that chastised blue states for failing to live up to their stated principles and in a recent book, "Abundance," about the nation's chronic inability to deliver much-needed projects due to regulatory overkill, such as CEQA.

This year, with Newsom nearing the end of his governorship and appearing to cast his eyes toward a presidential campaign, the governor decided to confront the CEQA issue squarely. He endorsed two bills that would impose limits on the law's reach and, in the end, threatening to block the entire state budget if they weren't placed on his desk.

On Monday (June 30), the last day of the fiscal year, the Legislature passed Assembly Bill 130 and Senate Bill 131 with last-minute changes to dampen opposition from construction unions. Newsom quickly signed them.

"We needed to go bold and big on this holy grail reform," Newsom said at a hastily staged signing ceremony.

Essentially, the legislation exempts virtually all infill housing projects from CEQA's provisions, making it more difficult for opponents of high-density housing projects, known as NIMBYS, to block approval.

Such projects, particularly those aimed at low- and moderate-income families, have been the most difficult to gain approval, due largely to opposition in upscale communities

dominated by single-family homeowners.

"When you are building housing in an existing community, that is environmentally beneficial, it is climate friendly, that is not something that should be subjected to potentially endless CEQA challenges and lawsuits," Sen. Scott Wiener, a San Francisco Democrat who authored SB 131, told senators before they passed the measure.

Wiener and Assemblywoman Buffy Wicks, an Oakland Democrat who carried AB 130, have been the Capitol's two most aggressive advocates of pro-housing legislation.

The remaining question, of course, is whether the two new laws, which go into effect immediately, will have a discernible impact on the state's housing shortage. CEQA is just one factor of many determining whether proposed projects proceed or die. Those who oppose high-density housing in their neighborhoods will not just roll over.

Ironically, as the Legislature was passing the two new laws on Monday, The Atlantic was publishing a lengthy article entitled "The Whole Country Is Starting to Look Like California," that describes how red tape and local opposition are adversely affecting housing development in red states such as Texas and Florida, which had been viewed as developer paradises.

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. ★

Disposable E-Cigarettes More Toxic Than Traditional Cigarettes

By Kat Kerlin from the University of California, Davis News and Media Relations

SACRAMENTO REGION, CA (MPG) - They might look like travel shampoo bottles and smell like bubblegum, but after a few hundred puffs, some disposable, electronic cigarettes and vape pods release higher amounts of toxic metals than older e-cigarettes and traditional cigarettes, according to a study from the University of California, Davis.

For example, one of the disposable e-cigarettes studied released more lead during a day's use than nearly 20 packs of traditional cigarettes.

The study, published on June 25 in the ACS Central Science journal noted that although most disposable e-cigarettes are illegal in the United States, they remain widely available.

Most consumers of disposable e-cigarettes are teens or young adults, who are also highly susceptible to lead exposure. Inhaling certain metals can increase a person's risk of cancer, respiratory disease and nerve damage.

"Our study highlights the hidden risk of these new and popular disposable electronic cigarettes with hazardous levels of neurotoxic lead and carcinogenic nickel and antimony, which stresses the need for urgency in enforcement," said senior author Brett Poulin, an assistant professor in the University of California, Davis Department of Environmental Toxicology. "These risks are not just worse than other e-cigarettes but worse in some cases than traditional cigarettes."

First author Mark Salazar, a Ph.D. candidate in Poulin's lab, first saw a disposable vape pod when



Mark Salazar, left, and Brett Poulin are in the lab with disposable vape pods. Photo courtesy of Kat Kerlin, University of California, Davis

he was visiting a friend. The pods are self-contained cartridges that hold a battery, e-liquid and heating coil. Salazar was curious: what exactly was his friend smoking? Salazar brought the pod back to the lab at University of California, Davis and tested its vapor for metal concentrations.

"When I first saw the lead concentrations, they were so high I thought our instrument was broken," Salazar said. "That sparked us into looking further into these disposables."

The scientists analyzed the metal and metalloids inside seven types of disposable devices from three of the most popular brands. Using an instrument to activate disposable



Shown is the inside of a vape pod, a type of e-cigarette, at University of California, Davis. Photo courtesy of Kat Kerlin, University of California, Davis

e-cigarettes and heat the internal liquid, they created between 500 and 1,500 puffs for each device.

They said that some devices emitted surprisingly high

concentrations of elements in the vapor, including antimony and lead. Levels of chromium, nickel and antimony increased as the number of puffs increased. Most of the disposable e-cigarettes tested released markedly higher amounts of metals and metalloids into vapors than earlier, refillable vapes.

The scientists then took apart the devices to trace the metals' sources.

"We found that these disposable devices have toxins already present in the e-liquid or they're leaching quite extensively from their components into e-liquids and ultimately transferred to the smoke," Salazar said.

Leaded bronze alloy components

in some devices leached nickel and lead to the e-liquid. Nickel was also released from heating coils and antimony was present in unused e-liquids at high levels, both of which increase the risk of cancer.

The researchers also assessed the health risk for daily users. Vapors from three of the devices had nickel levels and two devices had antimony levels that exceeded cancer risk limits. Vapors from four of the devices had nickel and lead emissions that surpassed health-risk thresholds for illnesses besides cancer, such as neurological damage and respiratory diseases.

While the researchers tested only three of the nearly 100 disposable e-cigarette brands on the market, they say that this initial work prompts concern, given the popularity of disposable e-cigarettes, especially among adolescents.

The market is also outpacing science. Few studies of the relatively new devices are available, leaving consumers and regulators largely uninformed. The work underscores the need to enforce regulations around illegal e-cigarettes while continuing research to reveal the extent of the problem and its public health implications.

The study's co-authors include Lalima Saini, Tran Nguyen, Kent Pinkerton, Amy Madi and Austin Cole from the University of California, Davis.

The research was supported with funding from the University of California Tobacco-Related Disease Research Program, the National Institute of Environmental Health Sciences T32 training program, and the University of California Agricultural Experiment Station. ★

Sutter, Sacramento Recertified with Top Cardiovascular Honor

It's one of two Comprehensive Cardiac Centers in Northern California

Sutter Health News Release

SACRAMENTO REGION, CA (MPG) - Sutter Medical Center, Sacramento this month received the top cardiovascular honor from The Joint Commission and the American Heart Association. The medical center received its recertification as a Comprehensive Cardiac Center, which represents its commitment to upholding the highest standards of cardiac care quality and safety.

Sutter Medical Center is one of two hospitals in Northern California and 24 in the nation to have received the certification.

"This certification by The Joint Commission and American Heart Association recognizes the dedication and excellence of the cardiovascular staff at Sutter Medical Center," said Dr. David Roberts, section chief of interventional cardiology for Sutter Health's heart and vascular service line. "It is a team sport that requires the doctors, nurses and the entire ancillary staff to function at the very top of their game. I cannot be more proud of this team."

In 2023, Sutter Medical Center became one of only 16 heart programs in the nation and the second in the western United States to earn the certification, the other being Stanford Hospital, Sutter Medical Center's partner for its pediatric heart surgery program.

The recertification earned this month demonstrates Sutter's excellence in heart and vascular care, where cardiologists and care teams "deliver superior quality of care across the cardiac continuum" and provide "world-class, patient-centric service," as outlined by The Joint Commission.

"We pursued becoming a Comprehensive Cardiac Center because we saw an



Sutter heart surgeon Dr. Michael Ingram, left, and Sutter Medical Center, Sacramento medical director of cardiovascular services Dr. David Roberts work in the hospital's specialized hybrid surgical suite. Courtesy photo

opportunity, not just to close the gaps that existed but to push ourselves toward true excellence," said Thomas Rhodes, Sutter's Greater Sacramento Division heart and vascular service line executive who championed the certification. "This is one of the most rigorous surveys in healthcare and our cardiovascular team at Sutter Medical Center, Sacramento went well above and beyond, and our patients are the real beneficiaries of that dedication. It's the intent of our leadership team to carry this standard of excellence to sister hospitals across the Sutter Health system." Sutter Medical Center has the most comprehensive cardiac care program in the greater Sacramento region and the only heart transplant program in Northern California outside the Bay Area.

Among its lifesaving services are an adult congenital heart disease program and clinic, which is one of two Northern California

programs accredited by the national Adult Congenital Heart Association, and pediatric heart and vascular services, including heart surgery.

Another lifesaving service is a structural heart disease program with the next generation of devices, including transcatheter aortic valve replacement, also known as TAVR, mitral and tricuspid valve repair, and transcatheter mitral, tricuspid and pulmonary valve replacement. In addition, the program offers innovations for percutaneous atrial septal closure, as well as the Watchman™ device.

Also offered are lifesaving electrophysiology and atrial fibrillation services, including the first regional case with the Affera device for simultaneous mapping and innovative pulse-field ablation for treatment of atrial fibrillation.

Other Sutter lifesaving services are

transplants and cardiac assist devices, including a left ventricular assist device (LVAD), and the Impella heart pump; renal denervation treatment of resistant hypertension; and access to heart and vascular research and clinical trials, testing the latest treatments, devices and surgical approaches.

With a rich history as a pioneer of heart and vascular services that began in 1957, Sutter Medical Center's milestones include successful open-heart surgery, pediatric open-heart surgery, heart transplant, interventional vascular program and pediatric heart catheterization.

"The list of pioneering 'firsts' at Sutter Medical Center, Sacramento and Sutter Health as a system is a true testament to the hard work and commitment to clinical excellence that each of our heart and vascular specialists leads with," said Dr. Steven Hao, Sutter cardiologist and chief medical officer of Sutter's service lines. "Sutter Medical Center is a crucial 'hub' of quality and innovation within our heart and vascular service line, and this recertification represents our commitment to provide patients with the highest-quality care and experience throughout Northern California. We want the best for our patients, and our medical staff works tirelessly to ensure the heart and vascular care they receive means they can live their fullest, longest lives." Mick Doughty, a Sutter Medical Center, Sacramento patient who received a heart transplant in the 1990s, was told he would gain another 10 years of life with the new heart. Now, more than 30 years after the transplant, Doughty aims to beat the current 40-year record and be admitted into Guinness World Records.

For a complete list of the premier heart and vascular services that Sutter offers, visit <https://www.sutterhealth.org/services/heart-and-vascular>. ★

Staying Healthy and Safe Driving in a Heatwave

DiscoverCars.com News Release

SACRAMENTO REGION, CA (MPG) - Drivers need to ensure they take precautions this summer, because extreme temperatures have been predicted by the National Weather Service across the U.S. from June to August.

Driving in hot weather means taking some extra steps to make sure your trip is safe and comfortable. DiscoverCars.com, a car rental comparison company, has put together the following tips on

driving during a heatwave to keep you and your car cool during the hottest time of the year.

One of the most important steps to take while driving in a heatwave is to drink plenty of water, as dehydration might impact your ability to drive safely. Before you head out, make sure that your car is stocked up with plenty of water bottles for yourself and all passengers.

Driving in very hot temperatures for an extended amount of time could lead to feeling drowsy. It's also important to take breaks

during longer journeys to rest and allow your car to cool down. Consider planning your rest stops in advance so you know exactly where you'll be stopping off at.

Additionally, in very hot temperatures, your tires could overinflate due to the air expanding inside them. This can wear your tires down, so it's important to monitor the pressure during a heatwave to keep your car safe. Make sure that your tires are inflated properly before and after long trips.

If you know you'll be driving

during a heatwave, you should check your car's cooling systems to make sure everything is working properly. If your coolant level is low, consider filling it up to prevent your engine from overheating.

Placing sunshades in your car windows is an extra step you can take to help keep your car cool during high temperatures. Sunshades block out harsh sunlight, which can heat up your car during the day. This is especially important if you are traveling with anyone who is more vulnerable to

extreme heat, such as children or individuals over age 65.

Sunshades can be placed in the backseat windows for passengers sitting in the back and they can be used in all windows after you park. You can also try parking in shaded areas where you can help keep your car as cool as possible.

"You should also make sure your car is prepared for the hot weather," Buraks said. "Ensure your air conditioning and cooling systems are in good working order, as you'll be reliant on these once the hot weather takes over." ★

Two Graduate Nursing Programs Earn Accreditation

University of California, Davis Health News Release

SACRAMENTO REGION, CA (MPG) - The first week of June marked the start of a new educational journey for students in two recently-accredited graduate programs at the Betty Irene Moore School of Nursing at University of California, Davis (UC Davis).

They are members of the Class of 2025 for the University of California Psychiatric Mental Health Nurse Practitioner (PMHNP) Certificate Program and the Class of 2028 Doctor of Nursing Practice - Family Nurse Practitioner (DNP-FNP) Degree Program.

Both programs earned full accreditation from the Commission on Collegiate Nursing Education (CCNE) Board of Commissioners following a site visit and formal review in fall 2024. In addition, the California Board of Registered Nursing approved the School of Nursing's programs, affirming they meet state-specific licensing and practice requirements.

Commission on Collegiate Nursing Education accreditation is a trusted mark of quality for graduate nursing programs. It confirms the program meets national standards, qualifies students for financial-aid and licensure, and enhances its reputation with employers and peers. It also reflects a commitment to continuous improvement and excellence in nursing education.

"This accreditation reflects what we value most, an environment where faculty and staff are deeply



Primary care is delivered by family nurse practitioners for all areas of California. Photo courtesy of University of California, Davis Health

invested in student success, where academic excellence is the standard and where every graduate is empowered to be a change agent in health care," said School of Nursing Dean Stephen Cavanagh. "It's not just about meeting benchmarks. It's about transforming lives and advancing the future of how and where care is delivered to meet the needs of California and beyond."

Primary care is delivered by Family Nurse Practitioners for all areas of California.

Launched in 2022, The Doctor of Nursing Practice - Family Nurse Practitioner program marked the first Doctor of Nursing Practice program at University of California, Davis. Faculty developed the curriculum from the ground up, weaving into every facet the elements of leadership, innovative clinical practice and health equity. The

result: a new curriculum that actively develops meaningful solutions to provider shortages in rural and urban areas.

The hybrid program combines distance-based education with four on-campus immersions across three years. The inaugural cohort graduated June 12, prepared to implement evidence-based innovations and develop expertise in their clinical practice.

Doctor of Nursing Practice program director Charleen Singh suggested that faculty have learned as much from the first students as those soon-to-be graduates have learned through their coursework.

"As a result, we've created not only a program that we are extremely proud of but one that is a rewarding journey that starts with exploring the Central Valley and ends with the DNP symposium to celebrate their

projects with colleagues, family and friends," said Singh. "I often asked myself if I am leading the team in the right direction to fulfill the mission of the school and meet the vision of the Gordon and Betty Moore Foundation. As the inaugural cohort graduates, I believe we did."

Inaugural graduate Samiksha Dhakal credits the program with transforming her perspective as a nurse and expanding how she sees her future impact.

"This program has been a truly transformative experience, really life-changing," said Dhakal. "This program helped to equip me with the advanced leadership skills, critical thinking abilities and expertise to apply these evidence-based solutions in clinical practice."

Mental care access has expanded through the Nursing Practitioner certification.

While residents in many areas of the state lack access to primary care services, more than half of Californians living with mental illness do not receive the psychiatric care they need. To answer the call, nursing schools at University of California, Davis; University of California, Los Angeles; University of California, Irvine; and University of California, San Francisco launched the multicampus, hybrid mental-health certificate program to prepare nurse practitioners across California as psychiatric mental-health specialists.

The one-year program, which welcomed its first class in 2021, grew out of a course of study developed by University of California, San Francisco. University of California, Davis became the administrative home of the program in 2023 with a focus on expanding the

impact on people in desperate need of mental health services and identifying ways to expand the curriculum and placement opportunities.

"This accreditation marks more than a milestone," said Psychiatric Mental Health Nurse Practitioner program director Lynda Creighton-Wong. "It reflects our intentional decision to lead an established program and reimagine its potential. We saw an urgent need in our communities and made it our mission to reach those too often left behind. Accreditation affirms that we're on the right path in building a program rooted in equity, innovation and real-world impact."

More than 120 students from across the state have graduated from the program, including 30 from the first cohort program since University of California, Davis assumed its operations.

Among those graduates is Roxanne Abella. She credits the faculty, preceptors and curriculum with not only preparing her to become a psychiatric mental health provider but a leader in health care.

"Coming from an underserved background and having worked as a nurse practitioner in resource-limited communities, many aspects of this framework initially felt intuitive," said Abella. "However, the program expanded my approach, not just as a clinician but as someone committed to equity, collaboration and lasting impact."

Accreditation for both programs lasts for five years. The next on-site evaluation will take place in fall 2029. ★

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ABOUT TOWN

Genealogy Learning Event July 16

The Genealogical Association of Sacramento will hold a special summer event on Wednesday, July 16 at Belle Cooledge 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 screen-prints 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

The UC Davis Multiverse Theater at MOSAC offers an immersive music experience, paired with spectacular full-dome lasers, for the best way to listen to your favorite artists outside of a live

performance.
Our laser shows offer a robust library of classic rock, pop music, and family-friendly favorites playing over our 25,000-watt Dolby 5.1 surround sound system, Details at visitmosac.org.

**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. ★

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.

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 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 Sacramento’s Cultural Arts Awards is available on the city’s website, cityofsacramento.gov. ★

Sacramento Launches Business Solutions Center to Help Small Businesses Thrive



The Business Solutions Center consolidates multiple small business services into a single, streamlined program. Photo courtesy of City of Sacramento

City of Sacramento News Release

SACRAMENTO, CA (MPG) - The City of Sacramento has launched the Business Solutions Center, a new resource hub offering free expert guidance, funding opportunities and data tools to help local small businesses succeed.

Developed by the City’s Office of Innovation and Economic Development and funded through American Rescue Plan Act and U.S. Small Business Administration dollars, the Business Solutions Center consolidates multiple small business services into a single, streamlined program. It delivers personalized,

one-on-one support for entrepreneurs looking to build a business plan, expand operations, access capital or navigate permitting and licensing.

“We know small businesses are the backbone of Sacramento’s economy, and the Business Solutions Center is about meeting them where they are with the support they need to succeed,” said Denise Malvetti, deputy director of the Office of Innovation and Economic Development. “Whether it’s funding, permits or someone to help navigate your next steps, this Center puts real, tangible resources within reach.”

Through the Center,

businesses can access:

One-on-one consultations with expert business counselors in partnership with California Capital Financial Development Corporation;

Up to \$5,000 in micro-grant funding to invest in equipment, digital tools, or service expansion;

Up to \$2,500 in City fee credits to help cover permitting, licensing or inspection costs; and SizeUp Sacramento, a powerful data tool offering insights on business performance, competitors and customers.

For more information or to get started, visit cityofsacramento.gov/BusinessSolutions. ★

Scams Target Customers of PG&E

Continued from Page 1

victims while they are distracted or stressed.

Scammers can be convincing and often target those who are most vulnerable, including senior citizens and low-income communities. They also aim their scams at small business owners during busy customer service hours.

However, with the right information, customers can learn to detect and report these predatory scams by visiting www.pge.com/scams or by calling 1-833-500-SCAM.

Scammers are able to create authentic-looking 800 numbers which appear on

your phone display.

The numbers don’t lead back to PG&E if called back, however, so if you have doubts, hang up and either log into your account at pge.com to confirm your bill details or call PG&E at 1-833-500-SCAM. If customers feel that they are in physical danger, they should call 911.

Signing up for an online account at pge.com is another safeguard.

Not only can customers log in to check their balance and payment history, they can sign up for recurring payments, paperless billing and helpful alerts. Customers can also call PG&E Customer Service at 800-743-5000 to confirm their bill details and current amount due. ★

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