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'No Barking' Lot Receives Makeover



Permaculture Expert Eric Seider checks crops in the garden. Photo by Judy Andrews

By Judy Andrews

FAIR OAKS, CA (MPG) - Something is happening to the long-vacant lot at the busy corner of Sunrise and Fair Oaks Blvds. From eyesore to eye-catching, the neglected property is coming alive.

Known to locals as the "No Barking" lot, the property has been vacant since the 1980s, when the county widened lanes on Sunrise Boulevard, removing a house and outbuildings that belonged to the Polley family in Fair Oaks.

Thanks to the creative vision of Fair Oaks resident and business entrepreneur Tom Beauchamp, the



Artist Tim Lindsay is a Sacramento muralist from Wide Open Walls who was chosen to paint the first mural. Photo by Judy Andrews

empty lot is receiving a makeover.

About 25,000 vehicles pass the lot daily.

Recognizing the corner property's high visibility factor, Beauchamp started working with Dr. Dave

Polley and his wife, Madonna, on an improvement plan. Dave Polley owns a chiropractic business in Fair Oaks and Madonna Polley is director and founder of the Fair Oaks Massage Institute.

During his first talk with the Polleys, Beauchamp reminisced, "I wondered, 'Why don't we beautify the corner for everyone to enjoy?' 'No Barking' had been a meme in the community for years. When you mention the 'No Barking' lot in Fair Oaks, everyone knows what you mean."

The Polleys, who had been trying to sell the

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West Nile Virus Activity Increases

Sacramento Yolo Mosquito & Vector Control District News Release

SACRAMENTO REGION, CA (MPG) - Further West Nile virus activity (WNV) evidence was detected throughout Sacramento and Yolo counties, as 13 mosquito samples and three dead birds tested positive Aug. 13, the highest number of positive results reported in a single day this year, according to the Sacramento-Yolo Mosquito & Vector Control District.

The mosquito samples and dead birds were collected from different locations; however, most of the West Nile virus activity for Aug. 13 was in Davis and other rural areas in Yolo County.

"Mosquito and West Nile virus season is definitely underway and it's important for residents to be vigilant in preventing mosquitoes from breeding in their backyards," said Sacramento-Yolo Mosquito & Vector Control District Manager Gary Goodman. "Mosquito control is a collaborative effort, and we encourage everyone to do their part."

In Sacramento County, 17 dead birds and 29 mosquito samples have tested positive for West Nile virus, as of press time. In Yolo County, 16 mosquito samples have tested positive for West Nile virus

Last week, the district's laboratory surveillance program detected an increase in virus activity and overall mosquito populations due to the very warm temperatures of recent days. Hot weather accelerates the mosquito lifecycle and can quickly amplify the virus putting residents at a higher risk.

"While it has been a relatively mild season for WNV so far, we are in the middle of summer and conditions can change quickly," Goodman said. "We expect to see continued activity over the next few weeks. Protecting yourself is key: always apply an effective mosquito repellent when spending time outdoors."

The Centers for Disease Control and Prevention recommends using an insect repellent that contains the active ingredients DEET, Picaridin, IR3535 or the plant-based Oil of Lemon Eucalyptus.

In response to the recent findings, the Sacramento-Yolo Mosquito & Vector Control District has increased its surveillance and will continue with ground fogging around areas where positive mosquitoes and birds have been found.

For current information about any treatments planned, visit www.FIGHTtheBITE.net. ★

Have Horn, Will Play



Two years shy of a century, veteran trumpet player Bill Parker practices in his Arden Arcade Garden with son, music educator Grant Parker.

Story and photos by Susan Maxwell Skinner

SACRAMENTO AREA, CA (MPG) - At 98 years old, Bill Parker is still blowing strong.

When temperatures neared 100 degrees in June, Parker was among the scores of volunteer musicians who took to the stage during the Community Band Festival in Carmichael.

"The event gives me an opportunity to hear other bands," said its oldest participant. "Even with the heat, I wouldn't want to miss it."

Once weekly, Parker joins the Sacramento Concert Band, under the

baton of his son, Grant Parker. The nonagenarian sits with bandmates in their 20s.

"They're pretty good to me," Parker said. "In a volunteer band, you

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Timothy 'Chip' Dale Focused on Student Success

By San Juan Unified School District Staff

SACRAMENTO AREA, CA (MPG) - Over the summer, San Juan Unified School District welcomed new Deputy Superintendent of Schools and Student Support Timothy "Chip" Dale, Ed.D.

Dale brings more than two decades of experience as a teacher, principal and district-level leader, with a people-first approach and a deep belief in the potential of public education to transform lives.

"My journey in education began as a teacher," Dale said. "I was very much drawn to the idea of working with children who had been historically underserved and in one of the urban centers in our nation."

That drive came from formative experiences working with youth in Chicago, including at a juvenile detention center and in the Dearborn housing projects.

"These children were brilliant, smart, funny, full of energy and life was hard," Dale said. "They were overcoming so much and they were doing amazing things, despite the challenges society had thrown their way."

Those early moments cemented Dale's belief in education as a pathway to equity and change.

That purpose has stayed with him through roles in San Diego, Denver and most recently, Chattanooga, Tennessee. As he stepped into leadership, Dale found himself increasingly compelled to address educational challenges at a broader level.

"I left the classroom to go into administration with the thought that I could have a wider impact than just serving the children in my classroom," he said.

While his career has taken him across the country, Dale said, coming to San Juan Unified "felt like coming home."

"What drove me to San Juan Unified really was not only the



Timothy "Chip" Dale, Ed.D., San Juan Unified School District's new deputy superintendent of schools and student support, spent his first years in the education field as a teacher. "Classrooms constantly remind me of the amazing work that is happening every day in all of our schools and how to best build on these strengths," Dale said. Photo courtesy of San Juan Unified District

mission and vision but the people, united together to ensure every child thrives," Dale said.

Dale is also excited to return to California, where he previously spent 13 years in education.

"I love the fabric of California... You can speak any language, and we're going to value you and empower you," he said.

Dale describes his leadership style as rooted in service and collaboration, shaped by a belief in the importance of learning from those around him.

"If I can serve you, then I can build a relationship with you. If I can build a relationship with you, then I can collaborate with you. And if I can collaborate with you, it's not me; it's we. And we can do great things," Dale said.

Dale approaches new roles



San Juan Unified School District's new Deputy Superintendent of Schools and Student Support Timothy "Chip" Dale, Ed.D. said that he is excited to return to California. He previously spent 13 years of his educational career in California. Photo courtesy of San Juan Unified District

with humility, listening first and asking thoughtful questions to

identify strengths and build collective momentum.

As deputy superintendent, Dale supports both school sites and district departments, working to align instructional systems and elevate school leadership. He brings a passion for the entire ecosystem of education and leadership development.

"You're painting with different brushes," Dale said. "How do I take my experiences as a teacher, principal and district leader and use those to help?"

Relationship building is at the heart of what Dale said families and staff can expect in his first year.

"People should expect to see me out at schools. Classrooms constantly remind me of the amazing work that is happening every day in all of our schools

and how to best build on these strengths."

When he is not working alongside educators and students, Dale is focused on being a dad, exploring nature with his dog and perfecting his favorite comfort foods. Dale and his wife are raising their 14-year-old daughter, a runner who regularly challenges him to keep up.

A lover of both mountains and the coast, Dale finds peace in beautiful spaces and enjoys culinary adventures with his wife, including cooking at home and hunting for the perfect slice of pizza or, in California, a carnitas burrito.

"That's my Achilles: really good pizza. But here, it's carnitas. A good carnitas burrito, I'll take that over just about anything," Dale said. ★

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'No Barking' Lot Receives Makeover

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property for years without success, loved the proposal.

Dave Polley explained how "No Barking" appeared on the wall.

"Years ago, the county asked us to put up 'No Parking' signs on the property. We hired a local artist, Hugh Goreman, to paint 'No Parking' on an existing concrete wall," Polley said. "Then, about 20 years ago, a kid came along and changed the P into a B, which set off the joke. Every time the county came out to paint over the B, someone changed it back. This went on for years, until the county finally gave up."

Art Wall Installation

A 12-foot-by-24-foot art wall has been constructed on the south end of the lot, designated for murals. Beauchamp is coordinating with Wide Open Walls Sacramento, a nonprofit organization that promotes public art, to schedule some artists, as well as drawing talent from other local and guest artists he knows.

"We debated what the inaugural mural should be," Beauchamp said. "It made sense that a chicken be the one to kick things off. We found the artist, Tim Lindsay, through Wide Open Walls. Lindsay is an accomplished mural artist with many works around Sacramento. The art will be changed out three times a year."

"The community art installation is supported by local independent businesses and organizations that wish to help the artists and bring positive awareness to a once neglected, abandoned lot," Beauchamp added. "The initiative is a win for the community, the local economy, and the cultural landscape of Fair Oaks and Sacramento."

For more information on the Fair Oaks Art Wall project, contact Beauchamp at 707-208-5481 or at tom@weekendmag.com.

Food Forest Installation

On the north side of the "No Barking" lot, next to the car lot, is Fair Oaks' first community food forest, or permaculture garden, which volunteers installed in May.

The project is led by international permaculture consultant, designer and educator Eric Seider, who co-founded Permaculture Fair Oaks, a nonprofit organization, in 2024. The organization's mission is to promote community resiliency, food and future security and abundance through permaculture education and demonstration.

As Seider explained, a food forest's structure includes seven layers: canopy, understory, shrub layer, herbaceous layer, ground cover, root layer and climbing layer. It can be designed using all these elements, with food grown for human consumption. The goal



The first mural is almost completed on the Fair Oaks Art Wall. Photo courtesy of Tom Beauchamp.



Tom Beauchamp wears his No Barking T-shirt in front of the landmark sign.



Tom Beauchamp and Eric Seider are leading the Fair Oaks Art Wall and Food Forest project on the corner of Sunrise and Fair Oaks Blvds. Photo by Judy Andrews

of a food forest is to become stable and self-sustaining, and after three to five years, it begins to take care of itself.

"Tom approached me about the idea of using a portion of the vacant lot to develop a food forest where we could donate the food to the Orangevale-Fair Oaks Food Bank," Seider said. "At first, I wasn't keen on it because I knew the property was for sale."

After further consideration, Seider said, he considered that it could work using fabric pots, which prevent roots from circling inside like plastic pots.

"Certain pots designated for

the nursery industry can be buried in the ground, to grow trees for two to three years and then be dug out later," Seider said. "I thought, 'Wow, this could work.' If the lot gets sold, we'd take the trees with us. That opened up all kinds of possibilities for what we could do with the space. It just blossomed from there."

Beauchamp and Seider reached out to community businesses and individuals for donations, including Green Acres Nursery, Sacramento Tree Foundation, SMUD, Hastie's Capitol Sand & Gravel, Drip Depot, Root Trapper, Lawson SSP Group,

Gary Grewel, and more.

What's next for the food forest?

"All the food will be donated. Although it may not be much in the first year and access to the space is not ideal," Seider replied, "there is significant potential for expansion and growth. Our dream is to use this site as an example to create

an education center and living model for future community food forests in and around Fair Oaks."

Permaculture Fair Oaks meets from 6:30 to 8:30 p.m. every fourth Wednesday at the Tudors Event Center, 10120 Fair Oaks Blvd. For more information about meetings and the project or to contact Seider, visit permaculturefair Oaks.org. ★



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AUGUST



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* Concerts will be held in Fair Oaks Park until Village Construction is complete. Stay tuned for updates. Dates, location, and bands subject to change.

Have Horn, Will Play

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don't have to be perfect. We're all doing our best, working to improve."

Music, he noted, has been good to him. Raised in Follansbee, West Virginia, Parker picked up a trumpet at the age of nine. Years of study followed. The Great Depression was tough but Parker's parents always found \$3 for his weekly lesson.

"That was a lot of money in those days," Parker said. "I must have shown some aptitude. I enjoyed playing and I liked the extra activity being in the school band gave me."

With dad at war and money scarce, 16-year-old Parker started playing night clubs in nearby Wheeling. The youngest bandsman was billed as 'Wheeling's Harry James.'

"We played three shows a night," recalled the prodigy. "The last was at 1 a.m. One place I played was a strip club. I grew up quickly. The dancers were nice girls; they made a fuss of me. Then I moved to a premier supper club, doing floor shows. I'm sure my schoolwork suffered. I often fell asleep at my desk. I wasn't punished. The teachers understood how things were at home."

After graduation, Parker joined the U.S. Army in post-war Germany. The infantryman traveled with trumpet.

"When my superiors saw my horn, they put me in the Army band," Parker said. "When they learned I had club experience, they wanted me for USO shows."

To lead his uniformed combo, 19-year-old Private Parker needed a rapid promotion.

"I became a staff sergeant in six weeks," Parker laughed. "Every Monday, we got new charts to rehearse. We did each show for six nights. It was like vaudeville."

Parker later led a training facility marching band.



At 98 years old, Bill Parker (front row, center) boosts the brass section of the Sacramento Concert Band at a San Juan School District graduation ceremony. Son Grant Parker (back, right) directs the ensemble.

"There always were lots of ceremonies to play," Parker reminisced. "We got up in the morning and played for flag-raising. Then we paraded around, playing marches. It was like high school."

Returning to civilian life in West Virginia, Parker married his childhood sweetheart, Midge. Their children, Barbara, Brenda and Grant, soon bolstered the Baby Boom. Their dad worked in an auto-shop and gigged by night.

A career with Western and Southern Life Insurance ended this sideline.

"The company didn't want

me in other work," Parker explained. "Money was tight, so I didn't complain. I was glad to have a well-paid job."

The company moved the Parkers to California in 1962 and they later settled in Sacramento. Secure in his white-collar job, Parker didn't touch a horn for 42 years.

His son, Grant Parker, played trumpet instead. During his long educator career, Grant Parker (68) has tutored musicians from grade school to adult level. Semi-retired now, Grant Parker teaches at Cosumnes River College. He also runs the annual Community Band

Festival in Carmichael Park and leads the Sacramento Concert Band. This ensemble is part of San Juan School District's adult education program.

His father's horn was enticed from mothballs by Bill Parker's opportunity to join the band. Seven decades older than the Sacramento Concert Band's youngest member, the veteran fits in harmoniously.

"In the group, dad's just another musician," said conductor Grant Parker. "I correct and encourage him, as I do for all the others. We go to dinner before rehearsals. Being in a band together is part of our special relationship."

Widowed nearly 20 years, the elder Parker has rediscovered his first love and life has gained fresh direction.

"I enjoy the music and the rehearsals," Parker said. "I like the extra bond with my son."

Picking up his trumpet these days, said the near centenarian, is like reaching for an old friend's hand.

"I'll keep playing as long as I'm able," Parker said. "Music has brought so much to my life."

To learn about the San Juan Unified School District's concert band program, go online to www.sacramentoconcertband.net. ★



20TH ANNIVERSARY

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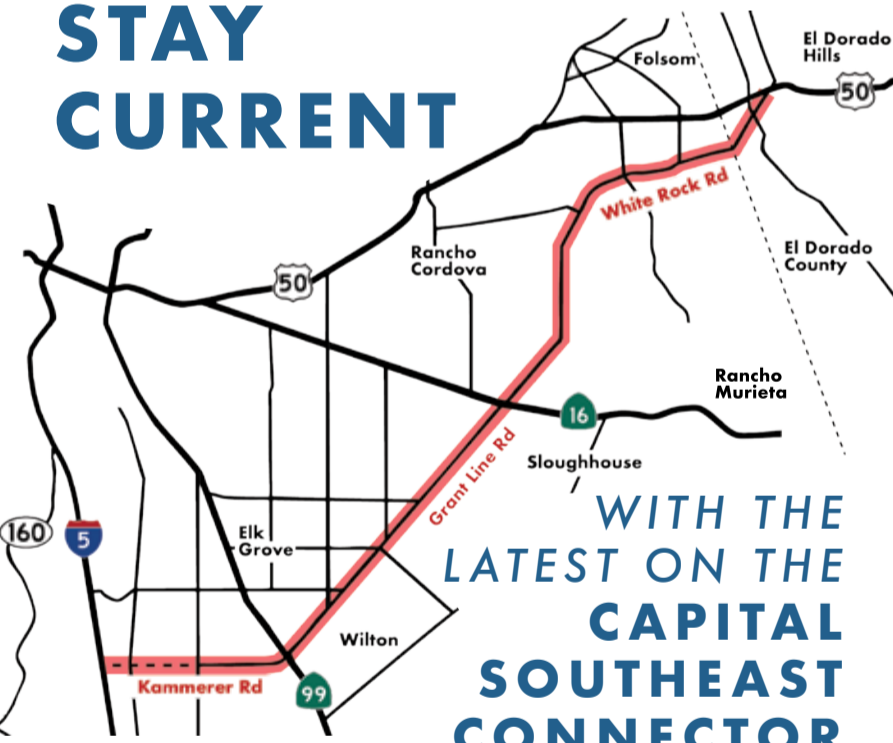
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Media Anxiety

We watch the news and cringe. We see the news before we go to bed and we can't sleep. It's that 24/7 crazy news cycle. According to psychiatrist **Dr. Shila Patel**, news noise causes depression, fear, division, and results in an anxiety epidemic. So I asked her on POPPTALK if she has some suggestions to overcome the problem. Here goes.

1. THE NEWS AND SOCIAL MEDIA RELY ON NEGATIVE STORIES AND NEGATIVE NEWS. This attracts attention and keeps the audience. This creates a negative view of reality. You need to choose two or three reputable outlets to listen to or read that you can trust to be fair and truthful in their reporting.

2. LIMIT HOW MUCH AND HOW OFTEN YOU LISTEN TO OR READ THE NEWS. Take breaks from all digital devices...TV, Phone, Computer, Laptop, iPad, etc. Studies have shown that even 14 minutes a day of negative news can increase in someone's depressive symptoms.

3. SEEK OUT OUTLETS THAT REPORT POSITIVE, UPLIFTING AND HOPEFUL NEWS. This balances out the negative ones that are broadcast all day.

4. EXCESSIVE EXPOSURE TO NEGATIVE OR EMOTIONALLY CHARGED NEWS CAN TRIGGER A BODY'S STRESS RESPONSE. This can cause an increase in heart rate, shallow breathing, stomach upset, and increase in anxiety and depressive symptoms. Check the headlines and be choosy about what you want to read about in more details.

5. PEOPLE START FEELING HELPLESS AND HOPELESS WHEN THERE IS A CONSTANT BARRAGE OF DEPRESSING NEWS OR INFORMATION. Even the "small man" on the street can make a difference. Write to your House

representatives or Senators on issues that affect your life or those you are passionate about.

6. LOOK UP FACTS. Be armed with these facts and sources so when someone is regurgitating what is being broadcast, you can correct them or direct them to factual sources.

7. DO NOT GET EMOTIONAL WHEN DISCUSSING TOPICS WITH OPPOSING VIEW POINTS WITH FAMILY, FRIENDS OR COLLEAGUES. Some people do not want to "hear the other side" and no matter how much you try to convince them, it will not change the way they think. Best to walk away without raising your own blood pressure. Be respectful, not defensive.

8. AVOID CHECKING THE NEWS FIRST THING IN THE MORNING. This may put you in a bad mood for the rest of the day. Same thing for the last thing before bedtime as the anxiety generated over negative news may interfere with your getting a restful sleep.

9. LEARN TO RELAX, TAKE DEEP BREATHES, MEDITATE, JOURNAL TO UNDERSTAND WHY YOU ARE GETTING UPSET. Listen to music, take walks, and connect with nature. Find a hobby or passion to keep your mind off from what may or may not affect you directly.

10. FIND YOUR COMMUNITY WHICH SHARES YOUR VALUES. Take action together. People are getting out to rallies voicing their displeasure to what is happening. This way you don't have to feel lonely or helpless.

You can check out **Dr Patel's** website www.drshilapatel.com for her books. **HERE'S WHAT I DO. HAVE SOME ICE CREAM OR POPCORN AND RELAX!** Ooooops. Diet time! ★

Summer Concerts and Honorary Mayor's Race End Soon



Judy Andrews

By Judy Andrews, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - The Fair Oaks Concerts in the Park summer series ends Thursday, Aug. 28. The final performance of the year features country music by Shauna & Hired Guns. The free concert runs from 7 to 9 p.m. at Fair Oaks Park, 11549 Fair Oaks Blvd.

Coolers and food are allowed but glass containers are not. Pets are also not permitted. Concerts in the Park is hosted by the Fair Oaks Recreation and Park District, the Fair Oaks Chamber of Commerce and the Fair Oaks Foundation for Leisure and the Arts.

The Fair Oaks 2025/2026 Honorary Mayor campaign is in full swing. With just more

than a month left, mayoral candidates Heather Ford and Noah Wright have been actively raising funds for their chosen charities.

Ford represents the Fair Oaks Rotary Club Foundation, while Wright supports the Orangevale-Fair Oaks Community Foundation. The candidate who raises the most money by the end of the four-month campaign will earn the prestigious title of Fair Oaks Honorary Mayor. Each dollar raised counts as one vote and will be split equally with the Fair Oaks Chamber of Commerce. There's still time to support the candidates by attending one of their upcoming events or by making a direct donation.

The new mayor will be announced at a special chamber event on Oct. 16 at North Ridge Country Club. For more information on the candidates or to donate, please visit fairoakschamber.com/honorary-mayor.

It's almost time for the annual **Fair Oaks Chicken Festival** from noon to 6 p.m. Saturday, Sept. 20 at Fair Oaks Park,

11549 Fair Oaks Blvd. Bring your friends and neighbors out for the day to enjoy one of the community's most beloved family events. The Fair Oaks Chamber will host its annual Corn Hole Tournament again this year, offering cash prizes to the winners. Event registration begins soon. Other festival highlights include live music, a kids' park, chicken crowing and decorating contests, a food court, a beer and wine garden, and more.

The **Fair Oaks 130th Anniversary Celebration** has been moved from Sept. 27 to Saturday, Oct. 25, beginning with a free concert at the newly renovated Village Park. Festivities start at noon with the St. Andrews Society of Sacramento Color Guard, followed by live music until 4 p.m.

That evening, the Fair Oaks Historical Society will host a special 50th anniversary commemorative banquet from 5 to 8 p.m. in the new Village Park Clubhouse. Ticket sales for the banquet will begin soon. Stay tuned for updates. ★

See you in Fair Oaks!

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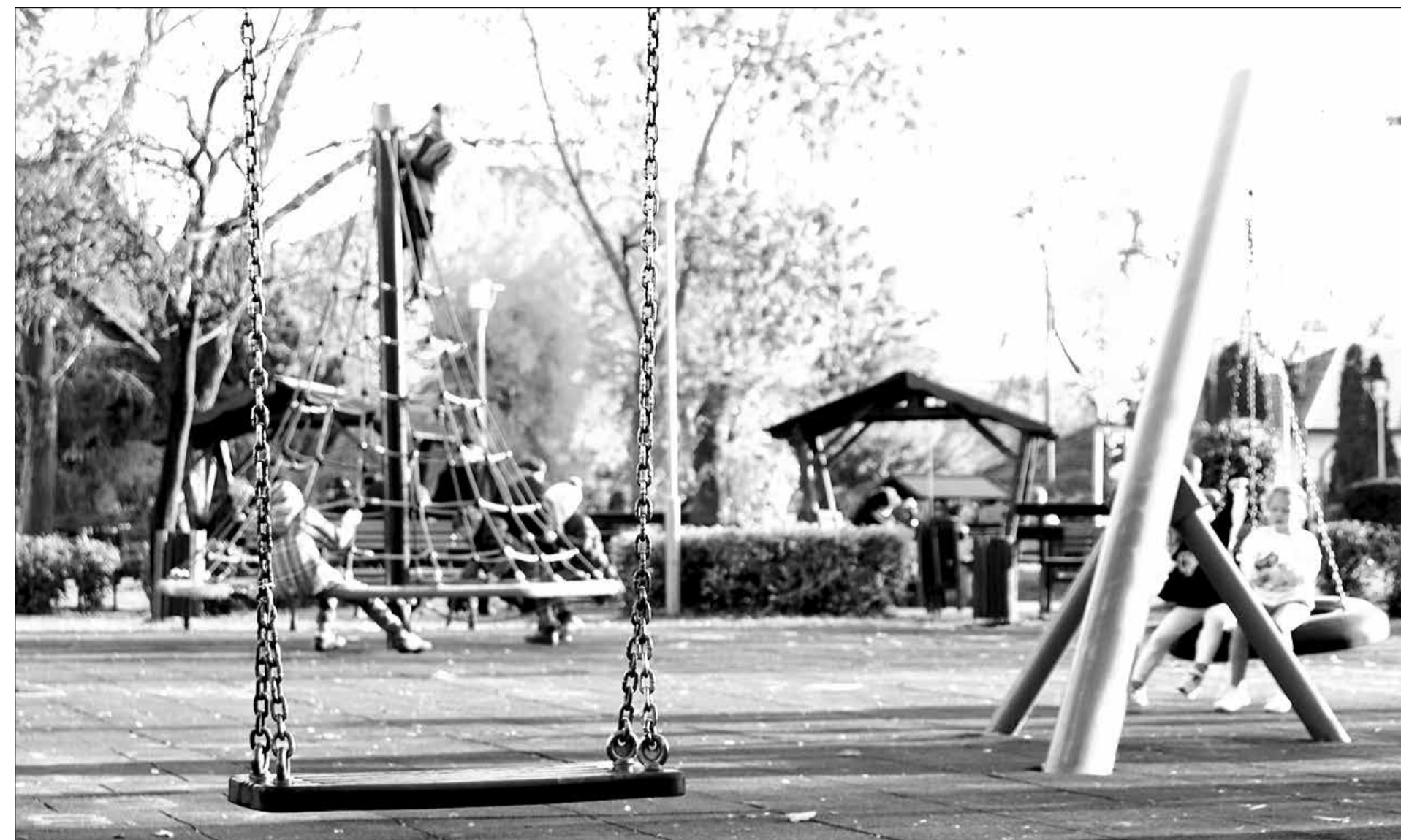
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Once Trusted, Some Educators Compromised



Louisiana Attorney General Liz Murrill filed a formal lawsuit against Roblox in the state's court and Representative Ro Khanna from California filed a petition in favor of protecting children on the platform, according to a Forbes article on Aug. 15. Image by Viorel Valadi from Pixabay

By Seth Henderson

SACRAMENTO REGION, CA (MPG)

- Sex offenders are registered into a government database after they've been convicted in a court of law. Some of them were once trusted employees in area schools.

Parents are also urged to be aware of what their children are doing online, who they're interacting with and how they're behaving.

Two Sacramento-area school staff members were recently arrested for crimes against children in July. One was released from Sacramento County Jail, awaiting trial, and the other remains in custody at the El Dorado County Jail, according to police and court records.

Alejandro Figueroa, a 29-year-old Rancho Cordova resident, and Augustine Sanchez, a 48-year-old Citrus Heights resident were arrested in two separate incidents, allegedly involving crimes against children, according to police reports from the West Sacramento and Citrus Heights Police departments.

Figueroa, a psychologist at Westmore Oaks Elementary School in West Sacramento, was arrested by El Dorado County Sheriff's after allegedly attempting to meet a minor on July 3, facing six felonies and one misdemeanor regarding conduct with minors, according to the El Dorado County Sheriff's Office.

Under Title 5, Section 80049.1 of the California Code of Regulations, a school psychologist is defined as "A person who holds a valid credential authorizing the services as a school psychologist, which includes assessment, counseling, behavior intervention, and consultation in the public schools."

School psychologists have certain protections regarding communication that requires a type of attorney, referred to as a "special master," which is appointed by a court to assist with the investigation process. The special master helps determine the usable evidence in sensitive cases, such as school educators, Detective Aaron Cuddeback from the El Dorado County Sheriff's Office, said during a phone call with Messenger Publishing Group. Cuddeback is a high-tech crimes investigator.

Figueroa is held without bail and is scheduled to be in court on Aug. 22, after press time, according to the El Dorado County Superior Court's website. A not-guilty plea was entered on July 7 during Figueroa's arraignment.

Title 5 also clarifies tasks that school psychologists can perform under Pupil Personnel Services (PPS) beyond assessment, such as the coordination of

school interventions, outside service providers and crisis support. The California Department of Education is the primary enforcement body for most K-12 schools in the state.

According to news releases from the San Juan Unified School District and the Citrus Heights Police Department, Sanchez was placed on leave from Mesa Verde High School in February and a report was filed with the police department on March 6, saying that Sanchez had allegedly annoyed or molested a minor.

An arrest warrant was issued for Sanchez on July 18 and he surrendered to Citrus Heights Police on July 31 but has since been released. Sanchez has been a Mesa Verde teacher in the San Juan Unified School District since 2012.

Raj Rai, the San Juan Unified School District's director of communications, said that the school district follows the guidance of law enforcement officials to avoid compromising the investigation when an allegation relates to the well-being of students, staff or community.

"We work to build transparency by sharing as much detail as can legally and appropriately be shared when there is a confirmed impact to students or a school community," Rai told Messenger Publishing Group. "In doing so, we work to balance protection of the investigative process, the rights of those involved and our families' need to support their students."

Regarding the district's internal practices, the hiring process meets or exceeds both legal requirements and best practices, Rai said. Applicants must undergo a background check, surfacing past and future records, should an incident occur outside of the school environment.

"Once hired, staff must complete sexual harassment and mandated reporter training on an annual basis," Rai said. "Additionally, last spring, we began requiring all staff to take a child-abuse prevention training. These trainings emphasize the importance of being alert, reporting concerns promptly and taking action."

The result of an investigation led by Citrus Heights Police found six victims had been identified but authorities said they do not believe there are any more victims.

The San Juan Unified School District's website has resources for families who strongly believe their child was victimized and the district said it urges those families to contact local law enforcement before conversing with their child.

"If a child shares that they are being harmed, believe them, listen calmly and seek professional help immediately," the district's

website said.

Cuddeback said that the district attorney can argue to a court that the defendant is a danger to the public, resulting in a court-issued order for the defendant to refrain from visiting certain locations. He said that special locations might receive extra attention, depending on the compelling nature of the DA's concerns. Court orders are argued and recommended prior to the defendant's release.

Under California Penal Code 290(b), Figueroa and Sanchez would both be required to register as sex offenders if found guilty at trial and convicted.

Only individuals convicted of qualifying sexual crimes are required to register as an offender, under Megan's Law, a government website in accordance with California Penal Code 290.46 to further public safety. Barring a court order or a conviction, individuals released from the custody of law enforcement are innocent until proven guilty and are free to visit public spaces, such as parks and shopping centers.

Currently, about 400 sex offenders are registered within the San Juan Unified School District's perimeter and more than 100 are registered within the Washington Unified School District's perimeter, according to the Megan's Law database.

Do you know who is registered near your child's school?

Checking a desired address in the Megan's Law database will provide data on registered sex offenders by list or on a map, showing their known aliases, addresses and their conviction. The database can search for registrants by address, city, county, name or zip code. To search the database, visit <https://www.meganslaw.ca.gov/>.

Rai said the district's safety team reviews Megan's Law data while conducting safety assessments of school campuses, saying that the district relies on their law enforcement partners to alert them on pertinent updates.

"There's nothing preventing (someone) from walking into that park," Cuddeback said. "We really can't do anything."

Cuddeback said that law enforcement might monitor registrants or be present in public spaces that they frequent but a judge had determined the defendant was OK to be released.

"We have to trust that the process works, that the judge and the attorney's hashed it out in court and made, ultimately, the best decision for the person who's been accused, as well as the public at large," Cuddeback said.

According to the West Sacramento Police Department, county agencies will compile a county-wide sweep of the area with law enforcement and if the

records unit is aware of a registrant who is out of compliance, their information will be forwarded to an investigations sergeant for follow up.

The investigation determines the nature of the violation, such as a false address, failure to register or proximity to restricted zones, according to the West Sacramento Police Department. Penalties are enhanced for repeat offenders and offenders under supervision. A supervised offender could see a detention or revocation hearing if a violation report is issued.

"In some cases, agencies work with housing authorities or parole to relocate the offender if their presence near a school poses a threat," a West Sacramento Police Department spokesperson told Messenger Publishing Group.

According to the West Sacramento Police Department, public awareness campaigns might increase patrols or distribute literature in neighborhoods with known offenders, "especially near schools."

The Commission on Teacher Credentialing does not track which "child crime sexual" classified cases of misconduct resulted in adverse action or how many credential holders had action taken against them because of registering as a sex offender, a commission spokesperson said. However, the commission is required to take mandatory action on holders or applicants who are required to register as a sex offender.

On the San Juan Unified School District's website, there is a form that can be submitted by name or unanimously that informs the district of possible misconduct, known as the safety concern reporting tool. It can be found on the district's website at <https://www.sanjuan.edu/resources/safety-resources/submitting-a-safety-concern>. To see more information about San Juan Unified's family conversation resources, visit <https://www.sanjuan.edu/resources/mental-health-support/family-conversation-resources>.

"I would say, being open and honest with your child, talking to them about their day and their experiences with their teachers is very important," Cuddeback said. "Trying to understand those feelings because kids have great intuition, so kids would tell you if they've got a weird feeling about an educator or someone acting inappropriately."

Opening that line of communication as a parent could encourage the child to divulge more information to someone they trust, where they otherwise might be too afraid to share, Cuddeback said. Sometimes, children are embarrassed to speak up, fearing the backlash

from someone in a position of power, such as an educator or beloved figure in a public setting, according to Cuddeback.

Predators are going where the kids are and kids are online, Cuddeback said. Regarding his office in El Dorado County, he said, the number of cases keep going up, with 2020 being a huge year for child sexual abuse material (CSAM). He said incidents involving a popular online game amongst children called Roblox has been a "very scary situation."

Available on smartphones, personal computers, game consoles and online, Roblox is a game with the stated intention of being "the ultimate virtual universe that lets you create, share experiences with friends, and be anything you can imagine," according to its website.

According to a Newsweek article in April, 40% of Roblox's users are under the age of 13, meaning children make up the majority of its 85.3-million daily active users.

Journalist Chris Hansen, known for his Dateline NBC program "To Catch a Predator," announced on his X feed that his streaming network, Tru Blu, is producing a documentary on the gaming company, featuring interviews with law enforcement and alleged victims.

Louisiana Attorney General Liz Murrill filed a formal lawsuit against Roblox in the state's court and Representative Ro Khanna from California filed a petition in favor of protecting children on the platform, according to a Forbes article on Aug. 15.

Cuddeback said it's important to monitor a child's activity on the internet and be wary of a child's behavior if it suddenly changes.

"Things like spending more time in their room, spending more time that usual on the internet, not wanting to show their screen, closing their laptop quickly or shutting down browsers applications when the parent enters the room, mood swings, becoming very upset when they are unable to get on the internet, odd gifts showing up at the home or other behavior changes," Cuddeback said.

For resources if someone shares explicit content of the minor online, visit <https://www.ncmec.org/gethelpnow/isyoudidnotreportit>. To help minors of themselves posted online without their consent <https://takeitdown.ncmec.org/>.

Resources for parents and children to understand and navigate any type of online "sextortion" are available at <https://www.ncmec.org/theissues/sextortion>. For help or victim and family support, visit <https://www.ncmec.org/gethelpnow/support> or email gethelp@ncmec.org ★

Kings Korner

By V.G. Harris



Kings fans have been waiting for the next domino to fall, but Scott Perry has been playing his cards ever so close to the vest. Rumors abound regarding frontrunners Jonathan Kuminga, Austin Reeves, Russell Westbrook and more, but thus far teams are asking too much, and Scott Perry is unwilling to part with core pieces of the Kings roster.

Will there be a move that will bring excitement to Sacramento? My guess would be yes, but let's assume for just a moment that what you see is what you get to start the 2025/2026 season.

Here are the 4 key factors that need to take place for the team assembled as we know it now to make the playoffs.

Keegan Murray needs to shoot 40% or above from 3-point range and average 15 points per game.

Zach Lavine needs to settle in as the all-star he has been and be a team leader alongside Domantas Sabonis.

Significant playing time needs to come to Issac Jones, Devin Carter, and newcomer Nique Clifford. That means night in and night out consistent playing time for these youngsters.

Dennis Schroder must play like the veteran point guard he is, and value the basketball, while distributing the ball to shooters on the team. Schroder needs to play smart and drive when it's there and take the open shot when it comes to him.

Be the guy that Scott Perry traded for and don't try to do too much. There is talent all around him, so Schroder just needs to let the game come to him and take advantage of the experience he already has.

Are these 4 things doable? I absolutely believe they are, and I don't expect to see miracles overnight if Doug Christie follows this recipe.

There are multiple unknowns that would change these factors, among them being the potential loss of spark plug Malik Monk. Malik has been #1 in trade rumors, and other teams have not been jumping at the chance of having him on their team. This is largely because coach Christie insisted on pounding a square peg into a round hole last year when he put the ball in Monk's hand and said, "be a point guard."

Sadly, what Kings fans grew to realize is

Malik is not a point guard, it doesn't come naturally, and the experiment was a dismal failure.

As a result, Monk's value as a multi-faceted player took a hit, and the Kings are forced to offer him up as a #2 guard, but not much else.

For those of us that love Malik and his up-tempo game, it's hard to see him being disrespected by the league, and it's possible that this fan favorite will be wearing a Kings uniform on opening night. Worse things could happen, and I wish Malik all the best.

2026 could be a huge year for Malik if he returns to form, and I think the Sacramento Kings fans would like nothing more.

DeMar DeRozan is a great player that is not getting the praise he deserves. Able to play multiple positions if called upon, DeMar is capable of scoring from every corner of the court, and his pedigree is hard to find.

I believe the Kings need to value what they have already and not be too quick to move off DeRozan. Much like Dennis Schroder, DeMar needs to stay within his game, and his game can be something special.

Yes, Kings fans, there is a plethora of talent on this team just the way it's assembled, so let's get to know the newcomers and get ready to root them on.

As with all teams, chemistry will tell the tale, and if this team can identify who they are and play real team basketball, they can and will surprise a lot of NBA teams this season.

Power forwards are hard to come by, and the Kings already have one that is about to get away. Break out the wallet Mr. Ranadive and sign big man Trey Lyles before this free agent gets away. I'm a huge Trey Lyles fan and for good reason. He is the consummate team player and never complains. Excellent 3-point shooter that has a nice inside game and can rebound. Do not let this guy get away!

Stay tuned Kings fans. I have a feeling a move is coming soon!

All the best!
Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★

Social Security Matters I'm Still Confused about Medicare Part A and Part B Enrollment



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I'm 64 and still working full time, and plan to continue working at least until I'm 70 ~ it's a good job, and I enjoy it. My job comes with health insurance, so I don't really need additional coverage, but I understand I will be required to sign up for Medicare Part A anyway when I turn 65 next year. What I don't understand is Part B: A colleague of mine, who is a little older than I am, said she signed up for Part B because a penalty will be incurred if we wait until we retire from our jobs and actually need the additional insurance. I'm not sure she's right. Can you explain what I should do?

Signed: Confused About Medicare

Dear Confused: We're happy to assist you with understanding this. First, enrolling in Medicare Part A (coverage for inpatient hospitalization service) is mandatory to collect Social Security after age 65. If you do not plan to take your Social Security benefits yet, you can defer enrolling in Part A until you claim Social Security. But Medicare Part A is also free to those eligible for Social Security, so there is little reason not to enroll

in Part A at age 65 and, when you claim Social Security, you will be automatically enrolled.

Part B, which is coverage for outpatient healthcare services (doctors, medical tests, etc.), is different. Part B is always optional because there is a premium associated with it (standard premium is \$185/month in 2025), but nearly everyone over age 65 requires healthcare coverage. If, however, you are employed and have "creditable" healthcare coverage from your employer ("creditable" is a group plan with more than 20 participants), then you can defer enrolling in Medicare Part B until your creditable employer coverage ends. And you can do so without incurring a "late enrollment penalty" for enrolling in Part B outside of your Initial Enrollment Period (IEP). When your creditable coverage from your employer ends, you will enter an 8-month Medicare "special enrollment period" (SEP) which permits you to enroll in Part B without penalty.

Thus, as long as your employer coverage is "creditable," you can defer enrolling in Part B without penalty. FYI, you can also enroll in Part B a couple of months prior to your employer coverage ending, asking that your Part B coverage starts when your employer coverage ends, to avoid any gap in healthcare coverage. Note you will likely need your employer to provide you with proof of creditable coverage when you later enroll in Part B.

A couple of extra thoughts: If you require prescription

drug coverage when your employer coverage ends after age 65, you only have 63 days to acquire that drug coverage without incurring a "Part D" (drug plan) late enrollment penalty. So, if needed, you should not wait to get insurance coverage for prescription drugs after you employer coverage ends.

If you now have a Health Savings Account (HSA) through your employer, you should discontinue any HSA contributions well before (perhaps as much as six months before) your enrollment in Medicare Part A. That's because Part A is not considered a "high deductible" insurance plan (a "high deductible" plan is a requirement for having a Health Savings Account). If you do not have an HSA, you need not be concerned about this. If you do, we can also provide you with more info on this.

I hope this answers your questions, but we are always here to assist if you need anything further. Contact us at SSAdvisor@amacfoundation.org, or at (800) 750-2622.

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included in the census and declares that, going forward, they "WILL NOT BE COUNTED." Here he's going to run smack into the relevant legal texts.

Article 1, Section 2 of the Constitution refers to "the Whole Number of free Persons," while the 14th Amendment says "the whole number of persons in each State." In a similar fashion, the U.S. code calls for a "tabulation of total population by States."

So it's hard to see how illegal immigrants can be excluded from the count. As it happens, they don't seem to have much of an effect on the partisan breakdown of congressional seats one way or the other. Although the highest number of illegal immigrants live in California, they are spread around the country, and there are also large numbers in Texas and Florida.

A change that Trump wanted in the 2020 census was the inclusion, once again, of a citizenship question. This is highly relevant information that it's entirely appropriate to ask.

There was a long period from the 19th century through 1950 when the survey had a citizenship question. Then, it was relegated to the so-called "long form." Finally, the long form itself was axed after 2000.

Now, it's considered a scandal to even think about reviving the question. Trump's proposal to ask the question on the 2020 census encountered stiff resistance and the Supreme Court squashed it.

By the way, non-citizens do have a notable impact on congressional apportionment. Recent research

by the Center for Immigration Studies found that all immigrants (naturalized citizens as well as all other categories of immigrants) shifted 14 congressional seats to Democratic states on net in 2020.

Non-citizens also distort the composition of congressional districts. According to the study, there are the same number of citizens in the 13 congressional districts with the highest share of non-citizens as in the 9 districts with the lowest share of non-citizens. In other words, the citizens in those 9 low-immigration districts get 4 fewer representatives than the citizens in the 13 high-immigration districts. It's one man, one vote -- with an asterisk.

To take an example from Texas, the Democratic-held 33rd district, where non-citizens are nearly 30% of the population, has 208,000 fewer voting-age citizens than the Texas 21st district. So the citizens in the 33rd district have marginally more clout and representation, thanks to a population tilted toward those who can't vote.

Ultimately, the way to diminish these effects is to reduce the level of immigration. Early indications are that there has been a large exodus of illegal immigrants since Trump's election, and the U.S. will have net negative migration for the first time in half a century. If Trump wants to fully capture the changes he's effecting in immigration policy, he should indeed want a new census -- in 2030.

Rich Lowry is editor of the National Review.

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Newsom's Congressional Redistricting Faces Hurdles



By Dan Walters,
CALMatters.org

Gov. Gavin Newsom justifies — or rationalizes — his drive for a mid-decade reconfiguration of California's congressional districts as a heroic mission to thwart President Donald Trump's power grab.

Newsom, who seems to be edging ever closer to a 2028 presidential campaign, proposes to alter the state's 53 districts to shift five or six seats now held by Republicans into Democratic hands during the 2026 elections.

If successful, it would neutralize efforts by Texas Republicans to gerrymander its districts to gain a similar number of seats. Republicans hold a paper-thin majority in the House of Representatives and Trump has sought mid-decade redistricting in Texas and other red states to block Democrats from gaining control in 2026.

The Texas situation is in limbo because Democratic legislators have fled the state, but how long they can hold out is unclear. Newsom played host to some Texas Democrats last week as he talked up action in California, which would require voter approval in a November special election.

"I think the voters will approve it. I think the voters understand what's at stake," Newsom said on Friday. "We live in the most un-Trump

state in America."

Well maybe, but Democratic gerrymandering of California's districts will not be as easy as Republican gerrymandering in Texas.

In Texas, as in most states, the legislature controls redistricting. Under its current maps, enacted after the 2020 census, Republicans hold 25 of its 38 seats, Democrats have 12 and there's one vacancy.

Ironically, Democrats fare much better in Texas than Republicans do in California, where the GOP holds just nine of the state's 53 seats under maps drawn by an independent commission. Newsom, backed by Democratic legislative leaders, wants voters to set aside the commission's maps for as many as three election cycles and approve a new plan with more Democratic districts.

If Texas moves forward, the proposal, which has not been shared publicly, would require the California Legislature to place it on the ballot after lawmakers return next week from summer recess — and just four days to act under current law. However, the Legislature has often exempted itself from ballot measure deadlines, so one must assume that the proposal will make the ballot.

That's the easy part for Newsom. He would still have to persuade voters who are no more than lukewarm despite the unpopularity of Trump in California, according to private polling.

Former Gov. Arnold Schwarzenegger, who championed the creation of an independent redistricting commission, says he'll oppose Newsom's plan and Charles Munger Jr., a wealthy scientist who bankrolled two ballot measures to create the commission, says he'll support an opposition campaign.

Given the stakes, Trump and Republicans would probably flood the state with opposition campaign money while Democrats would do the same, with even more money coming from labor unions and other Democratic allies.

Newsom also faces the possibility of legal battles, such as issues over what data he uses to draw the new districts.

The state commission used numbers from the 2020 census, which pegged California's population at 39,538,223. The latest estimate from the Department of Finance's demographic unit is 39,529,000, a tiny difference. However, there are also differences within the state, according to the state's estimates, with coastal counties tending to lose population while inland counties gaining.

Districts must be equal in population — within tight tolerances — but also must not disenfranchise protected ethnic groups, according to federal law.

These factors all could be bases for litigation, perhaps including intervention by Trump's Department of Justice.

After the 2000 census, the threat of federal intervention played a big role in the California Legislature's previous redistricting effort, blocking Democrats from drawing partisan maps.

Prolonged litigation could block Newsom's plan from taking effect in 2026 even if he gains voter approval this year. This game is just beginning.

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. ★



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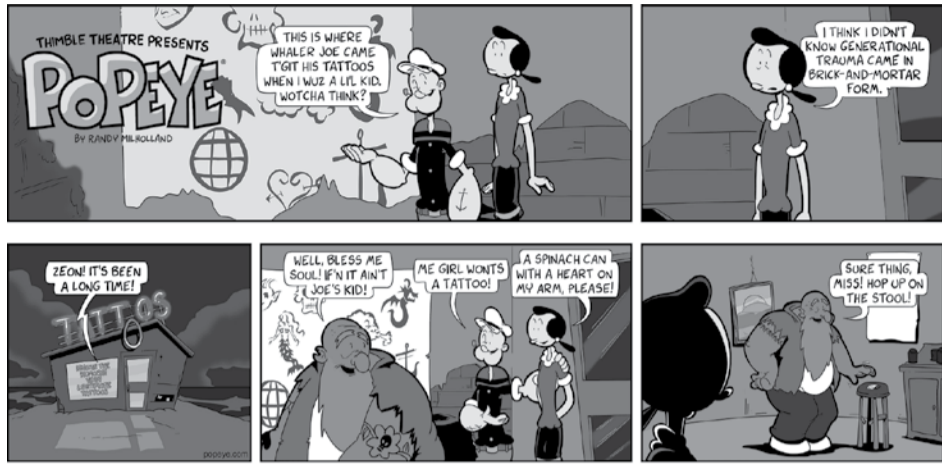
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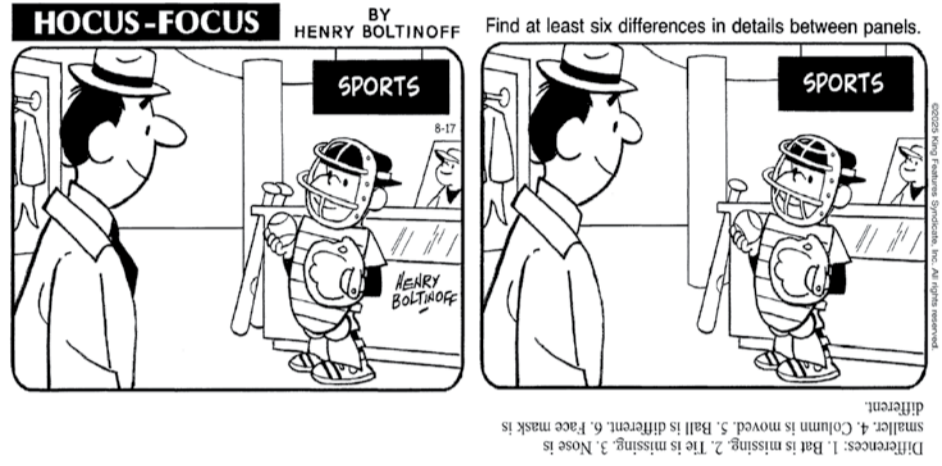
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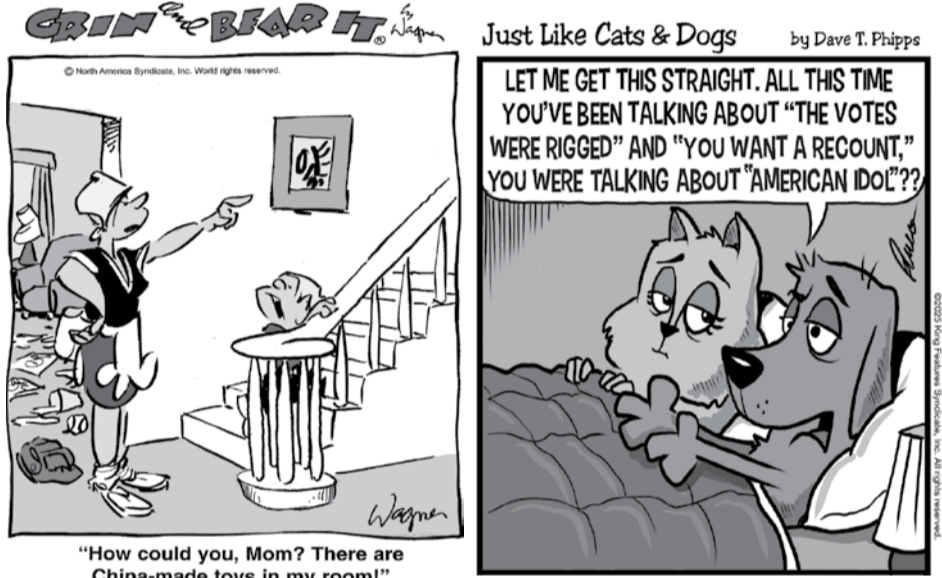
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TIGER

by Bud Blake



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CLUES

ACROSS

- The Coaches ____ or The AP Top 25
- *Super Bowl halftime performer Kendrick Lamar's genre
- 1/168th of a week
- Purse to match a gown
- Karl of politics
- Model builder's wood choice
- *YDS, TD or INT
- Black like certain tree
- *Last season's NFL MVP
- *Worth 6 points
- Way, way off
- Owl cries
- Come and ____ it
- Ape
- Stucco or aluminum on a house wall, pl.
- "Wheel of Fortune" request
- Bette Green's "Summer of my ____ Soldier"
- Stag, not doe
- Like an uncomfortable mattress
- European Economic Community
- *NFL Hall of Famer Greene or comedian Hart
- Seed coat
- Cylindrical flower cluster
- Stir or fuss
- City in Illinois
- #10 Down's counterpart
- Small dog's bark
- Adams of "Summer Of '69" fame
- *Point value of a safety in football, pl.
- *Worth 3 points in football (2 words)
- Behind a stern
- Raise the roof
- Classroom parasites
- Blooper
- Actor and singer Kristofferson
- Some are slippery
- Scraps
- Ballpark fig.
- Dark loaves

DOWN

- Bothersome one
- *Pro and College Football Hall of Famer Graham
- Molokai party
- Leechee, alt. sp.
- R2-D2, e.g.
- Declares to be true
- *College, home to football's Nittany Lions
- *Football intermission
- Paelia pot
- Addict
- *What the NFL's Jim Brown famously did
- Fixed up
- Bleated
- Hoagie, alt. sp.
- Bathtub hooch
- Green side
- Accustom
- Imitate
- *Quarterback's downfall
- The N of U.S.N.A.
- Move smoothly

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IDEA World Meets Sacramento

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - For the first time in about 40 years, the annual IDEA World fitness and wellness event from July 17 to July 19 was held in the capital city at the Sacramento Convention Center.

The recent 2025 IDEA World three-day fitness extravaganza brought thousands of health enthusiasts to Sacramento from throughout the U.S. and 80 other countries.

The enthusiasts participated in 175-plus health and fitness sessions and earned continuing education credits. The event's expo featured 80-plus vendors sharing the latest research, nutrition, training, equipment, and exercise and wellness products and services.

The annual event is usually held in Los Angeles, Anaheim, San Diego or Las Vegas.

But this year, IDEA World moved to Sacramento.

"Up until 2025, we had been in contracts that were signed pre-pandemic," said CEO Amy Boone Thompson of IDEA Health & Fitness Association, the membership organization for fitness and wellness professionals that owns and produces IDEA World. "This was our first chance to pick our own venue."

And Sacramento was a smart choice, according to IDEA World organizers.

"Overall, the sentiment was very positive. We've been in giant convention centers in L.A. and Las Vegas and everyone loved the ease, accessibility and affordability of Sacramento," Thompson said. "The repeat exhibitors at the expo said this was the highest sales and the most engagement they've seen. Some of our repeat exhibitors walked away with bigger sales, more leads and everyone was excited about the new customers."

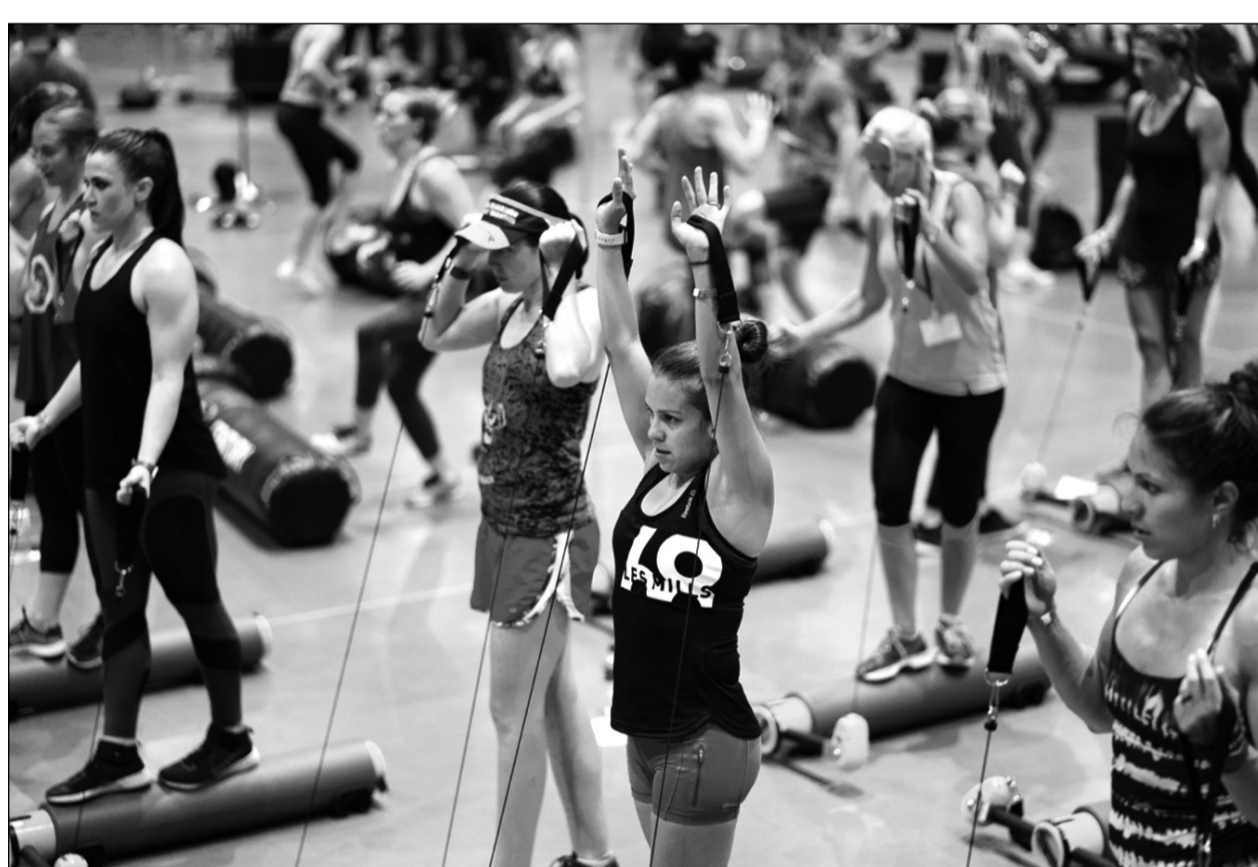
"Sacramento welcomed us with open arms and vibrant energy, setting the tone for an unforgettable IDEA World 2025," Thompson added. "From inspiring sessions and magic moments

to networking under the California sun, every experience was elevated by the city's charm."

Attendees were also encouraged to take advantage of Sacramento-area fitness activities before and after the event, such as paddleboarding and biking, according to Thompson.

"There were thousands who attended. We exceeded our expectations; classrooms were packed, everyone who paid for the classes and sessions were engaged and the classrooms were great," Thompson said. "The repeat exhibitors at the expo said this was the highest sales and the most engagement they've seen. Some of our repeat exhibitors walked away with bigger sales, more leads and everyone was excited about the new customers."

One of those vendors was MedPaid's John Bowler. The company based in St. George, Utah sells more than 1,500 products, including vitamins, supplements and



Participants learned new skills and/or finetuned skills during the three-day 2025 IDEA World held last month in Sacramento. Photo courtesy of IDEA World

wellness equipment.

"The crowd was pretty good with lots of physical trainers. We'll be back next year," Bowler said. "We love Sacramento and

all the trees and so much good food."

Sabine Anderson, at her sixth IDEA World expo, promoted LaboFlex's ArniPatch, a homeopathic

topical patch that relieves muscle pain and stiffness, bruising, sprains and inflammation.

"I like the expo being in Sacramento because I love Sacramento," Anderson said. "People are fabulous and they're very inquisitive. I gave out lots of samples."

Just as the exhibitors were enjoying the new venue, so were the attendees enjoying the several rows of information booths offering consultations, samples and healthy swag.

"I have been to IDEA World since 1995," said expo visitor Patricia Lee from nearby Placer County. "I love it. I used to go to Las Vegas, San Diego or L.A. It's wonderful having it here. I didn't have to drive. The classes are the best; you get new ideas. You exercise for so long and you can always use new ideas. You say, 'Why didn't I think of that?'"

Another expo visitor, Ileana Rodriguez from

Modesto, pointed out that the expo gives her information on how to deal with ailments and how to increase her energy.

"I get to try out exercise equipment and get nutrition samples," Rodriguez said.

There's a possibility that IDEA World will return to Sacramento next summer, according to Thompson. Next year's event is just in the beginning stages of planning and pricing quotes from the City of Sacramento will be requested, she said.

In the meantime, Thompson had high praise for all the health and fitness choices that the region offers, such as the trails, parks, river and farm-to-table restaurants.

"From the venues to the people, every detail created the perfect backdrop for connection, learning and celebration," Thompson said. "Sacramento, you were the perfect stage for this incredible chapter of IDEA World." ★



Many IDEA World vendors at the event's expo said that they enjoyed having 2025 IDEA World in Sacramento this year and hope that it returns to Sacramento next year. Photo by Seth Henderson



Learning was fun at IDEA World, as evidenced by this participant's smile during a fitness session using a weight relay. Photo courtesy of IDEA World



IDEA World participants listen and take notes during a workshop presentation at the Sacramento Convention Center on July 18. Photo by Seth Henderson

IDEA World participants checked out the scores of booths, learning about products and services that could help their workday and their own daily health and fitness needs. Photo by Seth Henderson

UC Davis Ranked No. 7 In Preseason



University of California, Davis returns a large collection of talent from its historic 2024 squad that finished ranked No. 5 in the nation after going 11-3. Photo courtesy of UC Davis Athletics

UC Davis Athletics News Release

DAVIS, CA (MPG) - As the season is about to start, University of California, Davis football continues to be placed among the nation's best, earning the No. 7 ranking in the 2025 American Football Coaches Association Football Championship Subdivision Coaches Poll as announced Aug. 11 by the coaches association.

The No. 7 ranking goes along with the Aggies being ranked No. 8 in the Stats Perform Preseason Top 25 Poll. Both rankings are the highest preseason rankings that the Aggies have earned since entering

the 2019 season.

The Aggies are coming off a 2024 season where they finished with the highest ranking in program history, coming in at No. 5 in the final American Football Coaches Association Football Championship Subdivision Coaches Poll. During that season, Aggies finished 11-3, getting program defining wins over then-ranked No. 5 Idaho, on the road at Eastern Washington and a home playoff win over then-ranked No. 12 Illinois State.

Within the Big Sky Conference, UC Davis is one of six teams ranked by the American Football Coaches Association.

Montana State comes in at No. 2, Montana at No. 9, Idaho sits at No. 12, while California State University, Sacramento comes in at No. 14 and

Northern Arizona rounds things out at No. 18.

UC Davis returns a large collection of talent from its historic 2024 squad that

finished ranked No. 5 in the nation after going 11-3. Up front, the Aggies bring back the entire starting offensive line to

go along with a deep tight end and wide receiver room. While in the backfield, Jordan Fisher, Carter Vargas and Matteo Perez bring with them experience into a deep room.

On the defensive side of the ball, preseason All-American Rex Connors leads a mixed bunch of returning Big Sky All-Conference honorees and incoming talented player

that includes preseason All-American transfer Jacob Psyk (Harvard) and California transfer Nate Rutchena.

UC Davis opens the 2025 season on Aug. 23 in Montgomery, Alabama, when they face No. 12 Mercer in the 2025 Football Championship Subdivision Kickoff Classic. That game is set to kick off at 4 p.m. and will be aired on ESPN and can be heard on Sactown Sports 1140. The Aggies open UC Davis Health Stadium on Sept. 20 when Southern Utah visits Davis for a 7 p.m. kick off.

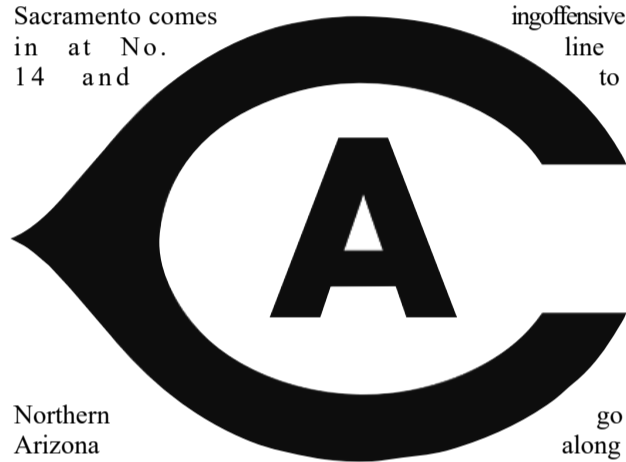
Season tickets are on sale now, and fans can visit <https://ucdavisaggies.eventue.net> to secure their spot in Shredville for the 2025 season. Tickets start at \$100 for new alumni and \$140 for the general public.

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

to create an unforgettable experience with your group, the Aggie Ticket Office will help you customize your day. Fans can head to <https://ucdavisaggies.eventue.net/events/FBS> to purchase their group ticket packages.

Mini Plans are a great way for Aggie fans to save on tickets by bundling multiple games. Choose from two options to get the biggest bang for your buck with the games you want. The Pick Any 2 or Pick Any 3 plans allow fans to pick and choose which games they want to attend at a discounted rate versus buying single-game tickets. Both plans can be purchased at <https://ucdavisaggies.eventue.net/events/FBPACK>.

Single-game tickets are on sale now and fans can secure their spot at one of five home games for as little as \$13 a ticket. Visit <https://ucdavisaggies.eventue.net/events/FBS> to buy single-game tickets today. ★



Hornet Duo Honored Women's Soccer Picked Fourth in Big Sky Preseason Poll

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - California State University, Sacramento senior defender Sydney Sharts and junior midfielder Ellie Farber were among 12 student-athletes named to the preseason All-Big Sky Conference team while the reigning league tournament champion Hornets were picked to finish tied for fourth, according to a vote of the conference's head coaches on Aug. 11.

Picking up one of the nine first-place votes and 39 points overall, Sacramento State was tied for the spot with Northern Arizona for the fourth spot. Reigning regular season champion Montana was picked to repeat, receiving six first-place votes and 60 points overall to finish ahead of Eastern Washington (52 points, two first-place votes) and Idaho (49 points) in the Top Three.

Weber State in sixth, Northern Colorado in seventh, Portland State in eighth, and Idaho State in ninth rounded out the poll.

Meanwhile, Sharts and Farber were

among the inaugural group of Big Sky standouts to pick up honors from the coaches, named to the inaugural preseason all-conference squad.

Sharts was an All-Big Sky first-team selection and earned a spot on the league's all-tournament team after helping the Hornets to the title. The senior started 19 of the team's 20 contests in her first season in the green and gold, finishing the year with a pair of goals against Idaho State and Weber State en route to league player of the week honors on Oct. 8.

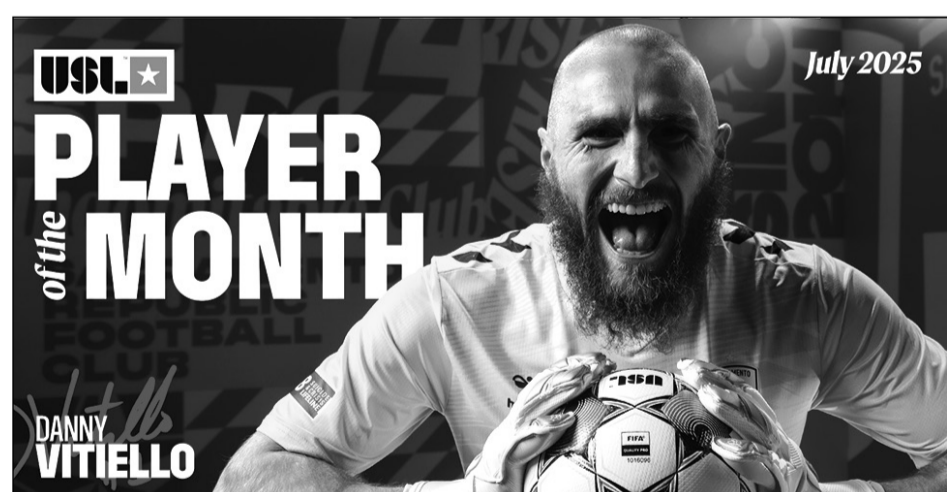
Farber, an All-Big Sky honorable mention choice and all-tournament team member, is the team's leading returning scorer after scoring three goals and adding three assists a season ago. Farber enters this season ranked in the Top 10 among active Big Sky players in shots (68), shots per game (1.74) and assists (6), while her six assists and 12 points are the most among returning Hornets.

Following a pair of exhibition contests last week, Sacramento State officially kicks off the 2025 season on the road on Aug. 14, after press time, traveling to Pacific for a 7 p.m. start against the Tigers in Stockton.

The 2025 Big Sky conference preseason coaches' poll included Montana with six first-place votes for a total of 60 points, Eastern Washington with two first-place votes and a total of 52 points, Idaho with a total of 49 points, tied for fourth is Sacramento State with one first-place vote and Northern Arizona for a total of 39 points each, Weber State for a total of 27 points, Northern Colorado for a total of 26 points, Portland State for a total of 22 points and Idaho State for a total of 10 points.

The 2025 preseason All-Big Sky Conference team includes F: Chloe Pattison, Eastern Washington (Preseason MVP); F: Micala Boex, Northern Arizona; F: Aliyha Saldana, Portland State; M: Annika Farley, Idaho; M: Chloe Seelhoff, Montana; M: Maddie Ditta, Montana; M: Ellie Farber, Sacramento State; D: Izzy Thoma, Idaho; D: Ally Henrikson, Montana; D: Liv Frazier, Portland State; D: Sydney Sharts, Sacramento State; and GK: Bayliss Flynn, Montana. ★

Vitiello Named July Player of the Month



Sacramento Republic FC's goalkeeper, Danny Vitiello, has three clean sheets in July that helped the Indomitable Club go undefeated throughout the month and sits tied at the top of the league leaderboard with seven clean sheets. Image courtesy of Sacramento Republic FC

Sacramento Republic FC News Release

SACRAMENTO, CA (MPG) - United Soccer League Championship announced that Republic FC goalkeeper Danny Vitiello had been named the league's Player of the Month for July on Aug. 7.

The monthly award is voted upon by the United Soccer League Championship National Media Panel and the United Soccer League Championship Technical Committee, as well as an online fan vote that consists of 51% of the results. Vitiello took 42% of the weighted poll to earn his first career Player of the Month honor.

"I'm incredibly honored to be named Player of the Month. It's a reflection of the hard work put in by the entire team," said Vitiello. "The clean sheets and results wouldn't be possible without everyone doing their part. I'm proud of what we have accomplished so far and I'll keep working hard to help the team continue building momentum."

Said Republic FC head coach Neill

Collins, "We know that success for our players comes through us being successful as a team. The team's been on a good run and Danny's played a big role in that, so this is a well-deserved award and we're very pleased for him."

Vitiello's three clean sheets in July helped the Indomitable Club go undefeated throughout the month and sits tied at the top of the league leaderboard with seven. Vitiello leads the league with 0.72 goals-against average and has conceded just 13 goals, the best mark among goalkeepers with at least 10 appearances.

Vitiello recorded his 100th regular season appearance and 39th regular season clean sheet for the club with a two-save shut out against Lexington on July 19. He's now the seventh goalkeeper in league history to record at least 100 regular season appearances for a single club.

He was previously nominated for Player of the Month in May when he recorded 10 saves, a 90.9% save percentage, and two clean sheets in three matches on the way to a 3-0-1 record for the month. ★



Following a pair of exhibition contests last week, California State University, Sacramento officially kicks off the 2025 season on the road on Aug. 14, after press time, traveling to Pacific for a 7 p.m. start against the Tigers in Stockton. Photo courtesy of Sacramento State Athletics

Elaine LaLanne Still Leads the Way



Elaine LaLanne was a featured speaker during IDEA World's Expert Spotlight Series on July 18 in Sacramento. She had the audience doing facial and foot exercises during the beginning of her talk. Photo by Seth Henderson

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - Elaine LaLanne is a beacon of light promoting the benefits of a healthy lifestyle at any age to millions of fitness aficionados throughout the world.

Known for decades as the "First Lady of Fitness," LaLanne will be 100 next March.

And LaLanne is still constantly on the go as she shares the life-long work of the Godfather of Fitness, her late husband, Jack LaLanne, via fitness conferences, podcasts, books, the Internet and running Befit Enterprises.

Today's Generation Z, Millennials, Generation X and Baby Boomers have nothing over LaLanne; the 99 year old has more energy, strength and cheerfulness than many of us. That's why she works daily to bring an awareness about exercise, nutrition and positive attitude to everyone who will listen about how to stay healthy from childhood to 100 and beyond.

It's a far cry from her mid-20s when LaLanne ate donuts, smoked cigarettes and did not exercise.

During a lunch break at the recent 2025 IDEA World fitness and wellness event at the Sacramento Convention Center, LaLanne laughed, "I thought I was old when I was 27."

But then she met Jack LaLanne, an Oakland body builder and the first modern health club owner, in 1951 during an episode on the ABC-affiliate KGO-TV "The Les Malloy Show" that she cohosted. He did pushups nonstop throughout the entire 90-minute show.

Soon, the TV cohost changed her lifestyle and "started exercising, doing pushups and weights. My muscles got more toned. I quit smoking and broiled everything, instead of frying everything."

Jack LaLanne's appearance on "The Les Malloy Show" led to an invitation to be on the nationally-syndicated "You Asked for It" TV show. Jack LaLanne broke a world record with 1,033 pushups in 23 minutes.

Shortly after, Jack LaLanne became the first exercise and nutrition show host on TV with "The Jack LaLanne Show" on KGO. The show was television's longest-running nationally-syndicated exercise program,

running for 34 years.

Little did the LaLannes know in 1951 that "The Les Malloy Show" segment would propel them to become pioneers of a healthier lifestyle and that their impact would still be felt internationally in 2025.

The American College of Lifestyle Medicine in 2022 honored the LaLannes with Lifetime Achievement Awards for their work spreading awareness of the benefits of exercise and good nutrition throughout the decades.

Jack LaLanne created prototypes of popular exercise equipment, including the weight

include fitness as part of their daily life, is to keep it simple and to not make it complicated.

"Simply said, if you don't move, you're removable. When you boil it down, you have to oil your joints, move your body," LaLanne said. "That's why exercise is king and nutrition is queen. Put them together and you have a kingdom. Jack taught me that."

Having a positive attitude is a huge part of the fitness equation for LaLanne.

"You can either go forward or you can go backward," LaLanne said. "I think we should go forward

You might not be able to change a situation, the First Lady of Fitness said, "but you can realize your frustration and tell yourself that it won't bother you. It's all about attitude."

"I live each day to the fullest," LaLanne said. "I don't think about the future. Yesterday is gone, tomorrow isn't here yet. Today, being with you, is the most important part of my life."

For nutrition, LaLanne stresses moderation.

"What you eat today is walking and talking tomorrow. You want to feel energy," LaLanne said. "If you eat foods in their

that," LaLanne added.

Even today, LaLanne starts every day with exercise. She does 20 jackknives, stretching exercises, leg exercises, arm crossovers, cardiovascular punches, shoulder exercises, leg lifts and pushups before breakfast.

Yes, LaLanne still does full body pushups. Jackknives are challenging core exercises that strengthen the abs and hip flexors.

For those who are strangers to exercising, LaLanne said to start out easy.

"It's never too late to get fit," LaLanne said encouragingly, "People who don't want to work out say, 'It's not for me.' But think of the results: building muscle, having a better positive attitude and keeping healthy. Plus it mentally cleans out the cobwebs."

The more you exercise, according to LaLanne, the sharper your mind is. And it's not how you look, whether you have crow's feet or wrinkles but "just be you." Think, "I'm me and I love me." You have to love yourself. It's not the look, it's what's in your heart. You have to believe in yourself because there's no one else like you."

While LaLanne is reassured that many gyms are filled with members intent on keeping fit, she also knows that "some people still pooh-poo exercise and a lot of people know about exercise's benefits but they don't do it."

"So I've got to be an example. I do the best I can with the equipment I have," said LaLanne, who has vision issues and uses a walker like many others 30 or 40 years younger than her. "The years go by so fast. If I take that I'm not 20, 30 or 40 anymore, I accept what I have and I go for it."

Enjoy each decade, LaLanne stressed.

"I wear old lady shoes, I'm blind in one eye, my other eye is going, I have a bad knee but my core is strong. I do 30 jackknives every day," she said.

To LaLanne, "this is my fun, talking about fitness and writing about it."

As she continues to be a fitness advocate and icon today, LaLanne is shining that beacon of light for all of us to become healthier, whatever our age and our fitness levels. ★



Elaine LaLanne, the "First Lady of Fitness," at 99 is still inspiring the public that you can work at being fit at any age. Photo courtesy of IDEA World

selector, wall pulley, leg extension, resistance band and squat machine, according to the American College of Lifestyle Medicine, and created the first protein drink, "Instant Breakfast," and protein bars.

Fast forward to today and Elaine LaLanne is still the Number One model for healthy living.

Her advice to others, especially those individuals who don't

with the positive energy instead of the negative energy."

Her son, Jon LaLanne, standing nearby, added to his mother's comments by saying that he learned much from his parents, including common sense.

"My parents came from the Depression and used good-old-fashioned American common sense. A lot of people not doing well see the glass half-empty instead of half-full," Jon LaLanne said.

natural state as much as possible and eat vegetables and fruits with vital vitamins, you'll be OK. Too much pasta, too much of anything is not good."

After turning 80, LaLanne told her husband that she would have a piece of cake "once in a while." Jack LaLanne responded, she said, that it's what you do most of the time that counts.

"I don't overload my body; I have a little of this and a little of