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# Land Park News

VOL 34 • ISSUE 16 *Bringing You Community News For Over 30 Years* AUGUST 22, 2025

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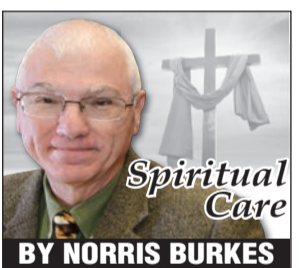
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**KEY FACTORS TO MAKE PLAYOFFS**



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## 'Just Desserts' is Scrumptious Art



"2 Sundaes Side by Side" by Jo Montgomery is among the works featured in the "Just Desserts and Other Delights" art show at 5 Sips Coffee & Tea throughout September. Photo courtesy of Polly Schack

*By Carol Feineman*

**SACRAMENTO REGION, CA (MPG)** - Sixteen artists, the majority being neighbors, have their second exhibit, "Just Desserts and Other Delights," a Wayne Thiebaud-inspired art exhibit, on display through September in a Land Park venue.

Thirteen artists are from Land Park and the other three artists are from East Sacramento, Carmichael and

River Park.

"This small group of Land Park artists came together for their first show through a taste for coffee and camaraderie. Weekly morning meetings at 5 Sips Coffee & Tea in Land Park generated all varieties of conversations," said artist Polly Schack, "including ways to encourage each other in their artistic pursuits. So, whether due to the caffeine or a contagious creativity, the group has now

grown to include artists from East Sac, River Park and Carmichael, a total of 16 participating in this year's show."

Bob Reed, Becky Reed, Jo Anne Marquardt, Jo Montgomery, Iris Yang, Paula Rodgers, Linda Brandenburger, Karen Ewing, Kathy Ring, Jackie Givas, Julieanne Hinrichsen, Bobbi Baldwin and Schack are the Land Park artists.

*Continued on Page 2*

## City Joins Campaign to Reduce Speeding



*City of Sacramento News Release*

**SACRAMENTO, CA (MPG)** - The City of Sacramento, alongside state and local partners, is taking action to address one of the most dangerous problems on our roads: speeding.

At a news conference held recently at Phoebe A. Hearst Elementary School, the California Office of Traffic Safety, California Department of Transportation (CALTRANS), California Highway Patrol (CHP), Sacramento Police Department, Department of Public Works and grassroots group Slow Down Sacramento launched the statewide "Slow the Fast Down" campaign.

Timed with the return of students for the new school year, the campaign urges drivers to "slow the fast down" and "step off your gas" to keep children, families and communities safe.

Driving at unsafe speeds remains a top contributor to severe and fatal crashes. The City of Sacramento is making safety improvements citywide as part of its Vision Zero goal of eliminating traffic fatalities and serious injuries.

Projects along Folsom Boulevard between 48th and 65th streets – the site of multiple pedestrian and bicyclist crashes – will bring traffic-calming measures, buffered bike lanes, updated curb ramps, improved signals and protected left turns.

"We are currently updating our Vision Zero Action Plan to reflect the latest data and community priorities, ensuring our strategies remain focused, equitable, and effective," said City Traffic Engineer Megan Carter. "Through our new Transportation Safety Initiative, we're accelerating street safety

*Continued on Page 3*

## Labor Day Area Weekend Events and Celebrations

*By MPG Staff*

**SACRAMENTO, CA (MPG)** - A three-day weekend is on the way in observance of Labor Day on Sept. 1. This federal holiday, held annually the first Monday of September, honors the American labor movement and the contributions of workers across the nation.

It's a time to appreciate the people whose work helps keep the country strong, and for many families, a chance to relax and enjoy time together.

Here are a few Labor Day weekend celebrations that Land Park residents can look forward to.

### Chalk Art and Music Festival

Midtown's Fremont Park will be lively from Aug. 30 through Sept. 1 with the Chalk Art & Music Festival, presented by local nonprofit organization Chalk It Up!

The free, three-day celebration runs 10 a.m. to 6 p.m. daily, featuring live music, artisan vendors, food trucks

*Continued on Page 3*



A three-day weekend is on the way in observance of Labor Day on Sept. 1. Land Park residents can plan to attend events such as the Chalk Art & Music Festival Aug. 30 through Sept. 1. Photo courtesy of Chalk It Up!

*Fourth Annual*

# Ohana Walk

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# 'Just Desserts' is Scrumptious Art



"3-Tiered Cake," above, by Paula Rodgers; and "Chocolate Pear," right, by Jo Anne Marquardt, are featured in the "Just Desserts and Other Delights" art show at 5 Sips Coffee & Tea throughout September. Photos courtesy of Polly Schack

a.m. to 8 p.m. Mondays through Wednesdays; 6 a.m. to 9 p.m. Thursdays through Saturdays and 7 a.m. to 8 p.m. Sundays in September. An opening reception will be from 1 to 3 p.m. Sept. 7 at 5 Sips Coffee & Tea. The public is invited to meet the artists, share a cup of coffee or tea and discuss the works. ★

Continued from Page 1

Artist John McEntyre is from Carmichael, artist Pam Saltenberger is from East Sacramento and artist Susan Haussman is from River Park.

"Last year's show drew an enthusiastic participation from coffee shop patrons in and outside the Land Park area with many of the works sold early in the exhibit," Schack said. "This year's offerings also provide numerous options for collectors, as works range in size from 6 by 8 to 12 by 30. Because of the subject matter, 'Just Desserts' visitors to the exhibit can expect not just whimsical but multicolored creations that will delight the eye and tickle the tastebuds."

Exhibit genres include watercolor, acrylic, oil, mixed media and

pencil. Abstract or representational and whimsical Thiebaud themes populate

the collection, according to Schack.

The art exhibit is at 5

Sips Coffee & Tea, 2104 11th Ave., Sacramento. Exhibit hours are 6

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# Labor Day Area Weekend Events and Celebrations

Continued from page 1

and local brews. Since 1991, the event draws visitors from throughout the Sacramento Valley to enjoy the arts community and the creative process in action.

Attendees can watch artists transform the park's sidewalks into colorful chalk murals in a performance-art style, with each piece created during the festival.

With help from sponsors, donors and volunteers, Chalk It Up! has kept the event free for 35 years.

It is recommended for attendees to bring cash or cards to purchase any food, drinks and crafts. For more information, visit [chalkitup.org](http://chalkitup.org) or [info@chalkitup.org](mailto:info@chalkitup.org).



A three-day weekend is on the way in observance of Labor Day on Sept. 1. Land Park residents can plan to attend events such as the Chalk Art & Music Festival from Aug. 30 through Sept. 1. Photo courtesy of Chalk It Up!



The Chalk Art & Music Festival draws visitors from throughout the Sacramento region to enjoy this free event that features performative art, artisan vendors and live music. It will take place from Aug. 30 through Sept. 1 at Fremont Park, located at 1515 Q St.

and community.

Participants can choose from a family one-mile fun run, 5K, 10K or half marathon. All ages and paces are welcome; those participating can either run or walk.

Registration includes a swag bag with a running T-shirt, finisher's medal and more. Tickets range

from \$32 to \$52; those interested can sign up at [bit.ly/4mjANib](http://bit.ly/4mjANib) (case sensitive) or email [info@thebesttraces.com](mailto:info@thebesttraces.com).

### Labor Day Picnic

The Sacramento Central Labor Council, American Federation of Labor and Congress of Industrial Organizations (AFL-CIO),

will host its Labor Day Picnic from 5 to 8:30 p.m. Sept. 1 at Fairytale Town, 3901 Land Park Drive, to honor union workers in the Sacramento area.

The picnic is free for registered union members and is a family-friendly event featuring food from Oz's BBQ, with beer and wine available.



The Best Races will host a Labor Day Run Saturday, Aug. 30 at Sutter's Landing Park, 20 28th St., with start times at 7:30, 8 and 8:30 a.m. Photo courtesy of The Best Races

### Labor Day Race

The Best Races will host a Labor Day Run Saturday, Aug. 30 at Sutter's Landing Park, 20 28th St., with start times at 7:30, 8 and 8:30 a.m. This race celebrates the contributions of workers while promoting fitness



Sac Vintage Market will collaborate with Propagate Plants & Gatherings to celebrate its six-year anniversary with a pop-up market from 11 a.m. to 3 p.m. Sunday, Aug. 31 at 1700 I St. Photo by Troy M. Cooper

Clean Slate, a soul, R&B, pop and rock group, will perform and there will be various activities for children.

Guests are encouraged to bring lawn chairs, blankets and sunscreen for a relaxed

afternoon celebrating with fellow union members and their contributions to the community.

Register at [sacCLC.regfox.com/2025-labor-day-picnic](http://sacCLC.regfox.com/2025-labor-day-picnic) or call Teresa at 916-927-9772. ★

# City Joins Campaign to Reduce Speeding

Continued from Page 1

upgrades with quick-build projects to protect our most vulnerable road users. We're proud to stand with our partners at the Office of Traffic Safety, CALTRANS, CHP, Sacramento Police Department and community advocates in a united effort to reduce speeding and protect our communities."

The Sacramento Police Department recently received a \$400,000 Office of Traffic Safety grant to support ongoing enforcement and education efforts targeting the most dangerous driving behaviors,

including speeding, street racing and sideshows.

"We are here to keep the community safe and hold people who drive dangerously and recklessly accountable for their actions," said Sacramento Police Department Sgt. Ken Collier. "By focusing on high-risk areas where speeding is a problem, we aim to reduce all dangerous driving behaviors, prevent crashes, and make our roads safer for everyone."

This month also marks the second anniversary of Slow Down Sacramento, a local grassroots organization advocating for safer streets.

"Every resident shares in the responsibility to create safe streets," said Slow Down Sacramento Founder Isaac Gonzalez. "Our organization is about community and a call to act to foster a culture of safe, respectful and courteous driving behaviors within Sacramento."

### About the Campaign

The "Slow the Fast Down" campaign will run through Aug. 24, featuring 15-second public service announcements in English and Spanish on YouTube, gaming and streaming platforms, along with messages on billboards, transit shelters,

and social media.

The campaign emphasizes how even small reductions in vehicle speed can dramatically lower the risk of serious injury or death for pedestrians and bicyclists.

"Speeding is dangerous and puts everyone on the road at risk," said Office of Traffic Safety Director Stephanie Dougherty. "Students, parents, teachers, and staff are safer when drivers slow down. Through the 'Slow the Fast Down' education campaign, we want to promote a culture of safe driving. Your daily choice to drive within the speed limit protects our youth and everyone in the community." ★



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### LAND PARK

Classic Comfort and Modern Updates in this three bedroom/two bath Land Park home! This property features a host of improvements, upgrades and designer touches. Spacious entry, oversized living room, many windows and fireplace. Kitchen/over-siding combination is crowned by beautiful coffered ceilings. The remodeled kitchen stands out with new flush-frame cabinets, luxurious Quartzite counters, a Wolf dual-fuel range, SubZero refrigerator, built-in coffee maker, speed oven, microwave, dishwasher, and a spacious island with breakfast bar including a pop-up countertop charging station for modern living. Hall bath, with custom penny and epoxy flooring, a Kohler vanity, double sinks, elegant Quartzite counters. The primary bedroom features a glass door that opens to the backyard, walk-in closet, and the primary bath dazzles with octagon and large subway tiles on the floors and shower area, Kohler vanity with double sinks, and Quartzite counters for a refined touch. Discover thoughtful details, such as a hidden laundry area concealed behind custom bookcases in the kitchen, a hallway desk niche perfect for remote work, and custom light fixtures that add a stylish glow throughout. 3124 17th Street \$1,137,000



### ROSA DEL RIO

This property features three bedrooms and two baths, living room with corner fireplace and dining area. Kitchen with Formica countertops, electric range, dishwasher, microwave and refrigerator. Hall bath with shower and vanity. Primary bedroom has sliding door to patio and large walk-in closet. Primary bathroom has a tub with shower and vanity. Sliding door in hallway accesses the atrium, perfect for potted plants. Side patio area for weekend BBQ's. Front courtyard and two car garage. HOA amenities include clubhouse, pool and tennis courts. HOA dues cover roof, exterior painting and mowing of front yard. 5880 Gloria Drive \$459,000



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CalBRE# 00784986



# Atha Celebrates Debut Novel

By MPG Staff

**SACRAMENTO, CA (MPG)** - Longtime Land Park resident Marisa Gray Atha is celebrating the publication of her debut novel, "Written on the Wall," with a Northern California book launch this month through October.

Atha is also the owner of Three Sparrows Studio, providing private vocal instruction with a holistic approach that empowers her students to find and free their own natural sound.

"Written on the Wall" follows the intertwined lives of four women as they navigate the complexities of love, family and the pursuit of happiness. Becca struggles with the heart-wrenching disappointment of failed attempts at conceiving a child while Sara finds solace in the everyday joys of motherhood. Renee and Dena never plan to exchange San Francisco's night scene for quiet family life, but unforeseen events shift their trajectory. As their paths intersect and diverge, the four women grapple with the challenges of balancing



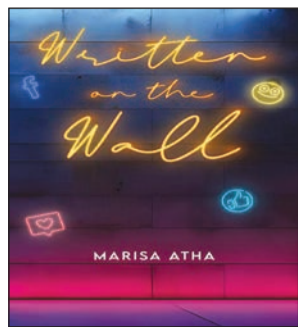
As a writer, Marisa Gray Atha expresses her lifelong curiosity about inspiration, art, narrative and the thread that connects people to one another. Images courtesy of Marisa Gray Atha

personal desires with external expectations. The four women are on a journey of self-discovery and redemption.

As a writer, Atha expresses her lifelong curiosity about inspiration, art, narrative and the thread that connects people to one another. She is an avid blogger and guest contributor. "Written on the Wall" was published in May by Pegasus Publishers.

Atha holds a bachelor's degree in music, with a concentration in vocal performance, Master of Music in classical vocal performance and a bachelor's degree in English.

She has been published in the NATS Journal of Singing, NATS Inter Nos, OM Yoga & Lifestyle Magazine, Sad Girl Diaries



Online Literary Magazine and The Speakeasy Cooperative. Atha offers musical, mind/body and wellness musings in her studio blog.

September "Written on the Wall" events include an author panel and book signing at Bookshop West Portal, 80 West Portal Ave, San Francisco, with Atha, John Doll and Ben C. Davies at 7 p.m. Sept. 11 and an author reading and book signing at 2 p.m. Sept. 14 at The Avid Reader at Broadway Station, 1945 Broadway, Sacramento.

Atha will have a reading and book signing at Underground Books, 2814 35th St., Sacramento, at 1 p.m. Oct. 19.

For more, visit [marisagrath.com](http://marisagrath.com). ★

# Kaiser Hospitals Earn National Recognition

**Kaiser Permanente News Release**

**OAKLAND, CA (MPG)** - Kaiser Permanente Northern California's hospitals are once again being nationally recognized for providing patients with comprehensive care and evidence-based treatments for complex medical conditions and procedures.

U.S. News & World Report's 2025-2026 Best Hospitals annual report ranks all 21 Kaiser Permanente Northern California hospitals as "high-performing" – or among the top 30% of hospitals in the nation – for at least one of the 37 measures evaluated. The measures include congestive heart failure, pneumonia, colorectal cancer surgery, stroke, and diabetes.

Approximately, 4,500 hospitals participated in the study, which analyzes hospital performance for 15 specialty care areas and 22 procedures and conditions. The "high performing" designation honors those hospitals that deliver high-quality care when treating complex medical conditions.

Kaiser Permanente hospitals are consistently recognized nationally for providing high-quality and safe patient care leading to better health outcomes.

"This recognition reflects our ongoing commitment to provide superior, quality health care to improve the lives of our patients, members, and the communities we serve," said Mike Bowers, FACHE, interim president of Kaiser Permanente's Northern California region. "Our hospitals are leaders in the nation because our highly skilled care teams put our patients at the center of everything they do."

## Hospitals Ranked Among Best in State

Kaiser Permanente Northern California has eight hospitals designated as "Best Regional Hospitals" because they are ranked among the best in the state: Oakland/Richmond, Roseville, San Francisco, San Jose, Santa Clara, South Sacramento, and Walnut Creek.

Kaiser Permanente Vallejo is also ranked as one of the top 50 hospitals in the nation for rehabilitation. And

Kaiser Permanente South Sacramento is recognized as a "Best Regional Hospital for Community Access" for the care it provides to underserved populations.

"Our physicians, nurses, and care teams work collaboratively to deliver high-quality, high-value, patient-centered care," said Maria Ansari, MD, FACC, chief executive officer and executive director of The Permanente Medical Group. "We remain committed to advancing evidence-based treatments and leveraging the latest innovations in technology to improve the lives of our patients to live longer and healthier."

In its hospital analysis, U.S. News & World Report uses publicly available data such as volume, mortality rates, infection rates, staffing levels, and patient satisfaction rates, among other factors.

The annual ratings and rankings are designed to help patients, and their health care providers make informed decisions about where to receive care for challenging health conditions or elective procedures. ★

# Airport Sets All-Time Passenger Record

**Sacramento County News Release**

**SACRAMENTO REGION, CA (MPG)** - Sacramento International Airport (SMF) achieved the busiest month in airport history with 1,296,818 passengers traveling through the airport in June.

The record culminates

19 months of consistent year-over-year growth at the airport, which served 13,822,315 passengers in fiscal year 2025, which also set a record.

Historically, July has been the airport's busiest month.

"Breaking this passenger record highlights the power of smart, strategic

investment in public infrastructure," said Board Chairman and First District County Supervisor Phil Serna. "SMF continues to drive growth, tourism and regional connectivity, all of which contribute to a stronger economy for the people of Sacramento County."

Sacramento International Airport currently offers

more than 202 peak day flights on 11 domestic and international carriers, connecting travelers to 52 nonstop destinations.

"We are proud to serve so many travelers in our region and support our community's business and leisure needs," said Cindy Nichol, director of the Sacramento County

Department of Airports. "I'm proud of all the behind-the-scenes work to keep SMF operating at this high level. It takes a huge and talented team to serve over one million travelers each month."

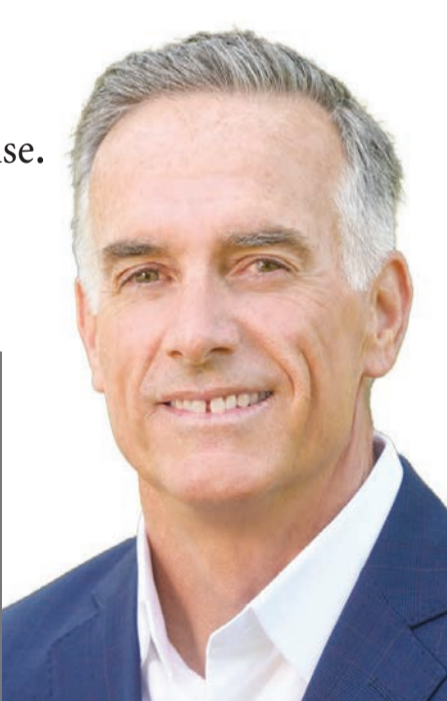
With new nonstop service to Kansas City, Baltimore, Anchorage, Morelia and Puerto Vallarta, Sacramento International Airport is meeting demand and

expanding its global reach.

"SMF's recent growth is no accident; it's the result of strong airline partnerships," said Stephen Clark, deputy director of Commercial Development for the Sacramento County Department of Airports. "Securing SMF's first transoceanic flight remains a top priority and we're working side by side with our Regional Air Alliance to make it a reality." ★

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# 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](mailto: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](mailto:SSAdvisor@amacfoundation.org), or at (800) 750-2622.

*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). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.* ★

## 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.* ★

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.

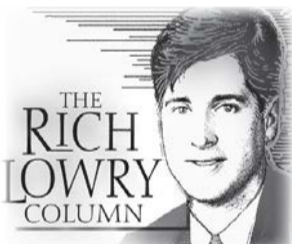
Non-citizens also distort the composition of congressional districts. According to the study, there are the same number of citizens in the 13 congressional districts with the highest share of non-citizens as in the 9 districts with the lowest share of non-citizens. In other words, the citizens in those 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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### Trump Should Get His New Census -- in 2030

Trump wants a new census. If, by this, he means a snap-census before the scheduled 2030 survey, he's demanding that the federal government undertake a gargantuan task with minimal planning and no discernible source of funding. In statistical terms, it'd be like launching D-Day after a month's preparation.

If the White Queen believes six impossible things before breakfast, that the Census Bureau could pull this off would qualify as one of them. The agency couldn't even competently conduct the last regularly scheduled census in 2020.

Given that conducting the census is a core function of the federal government -- indeed, mandated by the Constitution -- it is outrageous that the last survey missed so badly. It undercounted Florida and a handful of other Red states (as well as Illinois) and overcounted New York and a number of Blue states (plus Ohio and Utah).

Because the apportionment of congressional seats depends on population as determined by the census, these were highly consequential errors that can't be allowed to happen again. There's no legal mechanism for fixing it, though. We just have to do better in 2030. Trump is also, understandably, chagrined that illegal immigrants are

WE SUPPORT FIRST RESPONDERS



# 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 lifelong 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 for him 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-pooh 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

# Here's How to Dispose of Household Batteries

**City of Sacramento News Release**

**SACRAMENTO, CA (MPG)** - Do you know why you should never put batteries in the regular trash?

Common batteries such as AAA, AA, C, D and 9-volt are considered "household hazardous waste" and should always be disposed of safely. Batteries are at risk of

causing an explosion or catching fire when put in the curbside container, in the collection truck or at the waste-sorting facility.

Household hazardous waste includes fluorescent bulbs, chemicals, propane tanks and other items requiring proper disposal.

If you are not sure where to recycle batteries or dispose of other waste, you can check the Waste

Wizard or use the free SacRecycle app.

The household hazardous waste facility accepts batteries, fluorescent bulbs, paint, pesticides and other materials from 8 a.m. to 5 p.m. Tuesday through Saturday, at no charge.

Additionally, there are free local options to drop off household batteries. These locations are free to city of Sacramento

residents for battery waste generated at your home (no business waste). Lithium-ion, car batteries and other household hazardous waste items are not accepted.

Free single-use battery drop-off locations include: City Hall (915 I St.)

Department of Utilities (1395 35th Ave.)

Belle Coolege Community Center (5699 S. Land Park Drive)

Coloma Community Center (4623 T St.)

Ethel MacLeod Hart Multipurpose Senior Center (915 27th St.)

George Sim Community Center (6207 Logan St.)

Sam and Bonnie Pannell Meadowview Community Center (2450 Meadowview Road)

South Natomas Community Center (2901 Truxel Road)

Oak Park Community Center (3425 Martin Luther King, Jr. Blvd.)

Robertson Community Center (3525 Norwood Ave.)

To reduce battery waste, staff recommend trying to purchase devices that do not require batteries. Some devices can be recharged through normal use or plugged into a power source. You can also purchase rechargeable batteries to replace single-use AAA, AA, C, D and 9-volt batteries. ★

## ABOUT TOWN

### Revere Court Harvest Festival Sept. 12

Revere Court Memory Care will host its Fourth Annual Harvest Festival from 1 to 3:30 p.m. Friday, Sept. 12, featuring a petting zoo, carnival games, snacks and treats, snow cone station, dunk tank and face painting.

The free event celebrates the closing of National Assisted Living Week and will raise funds for the Alzheimer's Association.

Revere Court is at 7707 Rush River Drive in Sacramento.

### Make a Museum Visit

A sampling of must-see and must-do experiences and special activations

offered by local museums include the following:

#### California Museum

Two thought-provoking exhibitions explore the power of art and activism. "Mission Gráfica: Reflecting a Community in Print" (June 8–Sept. 14) showcases four decades of vibrant, activist screenprints from San Francisco's renowned Mission Gráfica print center. "Revolutionary Grain: Celebrating the Spirit of the Black Panthers in Portraits and Stories" (June 14–Nov. 2) features the portraits and stories of former Black Panther Party members, offering a humanizing perspective on the movement's enduring legacy.

Together, these exhibitions highlight the voices

and visual storytelling of communities fighting for justice. For more, visit CaliforniaMuseum.org/plan-a-visit.

#### California State Railroad Museum & Foundation

Tee Granite Rock 10 steam locomotive returned to service on Aug. 9 and is expected to ride the rails of the Sacramento Southern Railroad pulling excursion trains on two weekends per month (note motive power can change without notice).

For more details and/or to book a train ride, please visit www.californiarailroadmuseum.com.

MOSAC – The SMUD Museum of Science and Curiosity offers science demonstrations and hands-on activities

designed to ignite curiosity and foster discovery. Whether the plan is to marvel at the wonders of physics or construct a new invention, MOSAC offers excitement and learning in equal measure.

Make plans to visit and explore the full schedule of events at www.visitmosac.org.

#### Sacramento History Museum

Chronicling the fascinating history of the canning industry in the Capital City, an all-new exhibition "Sacramento in A Can – Featuring the Campbell's Sacramento Story" is on display on multiple levels at the Sacramento History museum through Sept. 1.

On the first floor, the history of the Campbell's Sacramento Plant and

its impact on the South Sacramento community is showcased with images, artifacts, and more. Upstairs on the third floor, guests can learn more about Sacramento's canning industry that left behind a cultural legacy of union struggles, family traditions, and the indelible scent of syrup and steam.

Now through Labor Day, guests who bring a can of food to donate to the River City Food Bank will receive half-off admission (one can/discount per person). For details, visit www.SacHistoryMuseum.org.

For more information about upcoming activities offered by Sacramento area museums, visit the SacMuseums.org.

### Elks Lodge 6 Calendar of Events

Purple Pig Paint and Sip, 3 to 5:30 p.m. Saturday, Sept. 13; \$25 donation in advance; choice of pre-printed holiday canvas.

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.

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

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.

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

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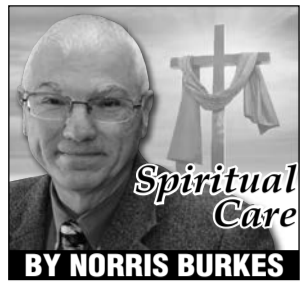
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# The Pending Deportation of Roger Williams

By Jeffery Jones and Norris Burkes



BY NORRIS BURKES

With all the recent swarm of INS arrests, I feel fortunate they aren't deporting any white male Baptists such as myself.

I can hear you saying, "Oh Norris, don't be ridiculous. You're 'America's Favorite Chaplain' - a National Treasure."

Trustfully, I felt safe until my new friend, Professor Jeffrey Jones shared a story he wrote called, "The Attempted Deportation of Roger Williams."

Jones is a Baptist like me, so Roger Williams is our main guy.

According to Jones, Williams arrived February 5, 1631 in the Boston harbor on the Lyon. He came with other migrants seeking to escape the religious and political oppression of English Puritans. He had feared his unorthodox religious views would get him arrested in England.

He hoped to find greater freedoms in Boston but was soon forced to migrate again, this time to Salem. Even there, however, he encountered religious restrictions imposed by both church and state.

That summer he migrated to Plymouth. He spent a year there before his growing family found bigger accommodations back in Salem, Massachusetts.

At first, the town welcomed his return. A local church asked him to be their teacher and the Williams family settled into a comfortable house.

While Roger served the church, he simultaneously sought to develop relationships with local Native Americans. However, political leaders back in Boston Massachusetts expressed concern over Williams' unorthodox beliefs and most especially on his view of Native American land ownership.

Town leaders met with him on several occasions demanding his silence on these controversial topics. At first, Williams agreed to accommodate their wishes. but it wasn't long before he found that silence in the face of oppression is not a viable option.

Most significantly, he opposed the government's attempt to enforce the first four of the Ten Commandments. Williams believed that government had no role to play in one's personal faith.

Williams objected with succinct clarity, "Forced worship stinks in God's nostrils."

His protest threatened the puritan arrangement of joining the church with the state, an essential part of the Puritan vision of the "City on the hill."

Williams would not go unchallenged.

Religious and civic leaders saw him as a threat to colony unity and demanded Williams' banishment. The magistrates agreed. And on a frigid November day, Williams received a removal

order telling him to self-deport within six weeks.

Williams happened to be very ill at the time, so the magistrates permitted him to stay until spring, provided he did not speak publicly. With no official church position, he wisely agreed to silence.

However, Williams continued to meet with a small group of friends in his home. The magistrates saw those meetings as a clear violation of their agreement and immediately sent agents to deport Williams on the next ship.

Warned of his pending arrest and near certain death if he remained in Salem, Williams risked life and limb as a fugitive in the wilderness.

Nearly dead, he stumbled into sanctuary with the Native Americans he had befriended and whose language he knew. The food and shelter they provided enabled him to regain his strength.

He then established a colony in Providence Rode Island where his religious freedom became a reality with the creation of the first Baptist church in America.

Jones and I see how Williams' story offers challenging insights about oppression and freedom, brutality and compassion. Today, few can really say they aren't next, even a Baptist dude such as myself.

*Disclaimer: Roger Williams was an "American Treasure." I'm not. But there is talk about sending me back to Texas.*

*Sign up to receive this column by email at <https://thechaplain.net/columns/> Contact Chaplain Norris at [comment@thechaplain.net](mailto:comment@thechaplain.net)* ★

# 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 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 information about treatments planned, visit [FIGHTtheBITE.net](http://FIGHTtheBITE.net). ★

# Four Tips for Controlling Roaches

## City of Sacramento News Release

**SACRAMENTO, CA (MPG)** - As temperatures climb this summer, Sacramento residents may be noticing unwelcome visitors: cockroaches.

These pests become more active during warmer months, but according to City Department of Utilities staff, residents should take care when dealing with them.

"Spraying pesticides only solves the problem temporarily," said Lauren Ledesma, a city pest management specialist. "It doesn't control cockroach nests and the pesticides can wash into storm drains and end up in creeks and rivers."

Instead of just spraying pesticide,

Ledesma recommends using Integrated Pest Management, which emphasizes prevention, monitoring and eco-friendly control methods. They include:

Removing any outdoor food sources or potential nesting areas that may attract them, such as dog bowls, standing water, mulch piles, or stacked wood or cardboard.

Using non-toxic sticky traps to catch them and identify how they may have entered and which species they are.

Cleaning up any nests and droppings using a vacuum or soap and water.

Applying eco-friendly products like diatomaceous earth or boric acid tablets to cracks, crevices and under large appliances. ★

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# Reduce Electricity During Flex Alerts and Earn Bill Credits

By MPG Staff

**SACRAMENTO REGION, CA (MPG)** - With temperature rising, it's not too late to register for Power Saver Rewards, a California Public Utilities Commission program.

Anyone enrolled can receive a credit on their electric bill when they reduce energy use during a Flex Alert issued between May 1 and Oct. 31. The annual limit for Power Saver Rewards events is 60 hours (or 12 events).

A Flex Alert is a call to reduce energy use, normally issued from 4 to 9 p.m. on hot days, when electricity demand is at its highest as residents return home from work or school.

Power Saver Rewards events are triggered when the California Independent System Operator issues a Flex Alert or an Energy Emergency Alert Watch, according to PG&E

(Pacific Gas and Electric Company).

If a Flex Alert or an Energy Emergency Alert Watch is issued on short notice without day-before notification, then a Power Saver Rewards event will not be called for that day.

Enrollees receive Flex Alert notifications through emails, text messages and/or mobile app push notifications.

"The best way to help during a Flex Alert is to avoid using large appliances like dishwashers, washing machines and dryers, and to set your thermostat to 78 degrees," said Wilfredo Cruz, the nonprofit Community Resource Project organization's executive director. "If possible, use fans instead of your air conditioning. These small changes can make a big impact."

The PG&E website offers the same tips as

above, along with turning off lights not being used.

"It's a win-win for all PG&E residents," Cruz said. "You're helping your community remain powered up during high-demand hours and you're receiving a credit back on your utility bill at the same time."

According to PG&E, those participating in the Power Saver Rewards Program will receive a yearly bill credit of \$1 per kilowatt-hour (kWh) of energy that is reduced during Power Saver Rewards events. Starting in 2024, incentives were lowered from \$2 per kWh to \$1 per kWh.

PG&E customers can sign up online for the Power Saver Rewards program at powersaver.pge.com. Or sign up at PowerSaverRewards.org.

For more from PG&E, visit powersaver.pge.com or call 800-743-5000. ★

# SacRT's RydeFreeRT Program Makes Travel Easy for Youth

**Sacramento Regional Transit District News Release**

**SACRAMENTO COUNTY, CA (MPG)** - As students across the Sacramento region head back to school, Sacramento Regional Transit District (SacRT) is reminding families that getting to class has never been easier or more affordable, thanks to the RydeFreeRT program.

Now entering its sixth year, RydeFreeRT provides unlimited fare-free rides on SacRT buses and light rail for all students and youth in TK through 12th-grade. With a valid RydeFreeRT card, students can ride any day, any time and all year long for school, after-school activities, jobs or weekend fun.

"The RydeFreeRT program has been a game-changer for students and families in the Sacramento region," said SacRT General Manager/CEO Henry Li. "We are proud to continue this program for another year and help eliminate transportation barriers for our youth."

Said SacRT Board Chair and Sacramento City Councilmember Rick Jennings, "This program is about opportunity and investing in the future of our youth. Access to reliable, fare-free transportation opens doors for students to succeed both in and out of the classroom. I'm proud to support another year of RydeFreeRT."

Students in TK through 12th grade who live or attend school within the



It's easy for all students and youth in TK through 12th grade to get a RydeFreeRT card. Card holders receive unlimited fare-free rides on Sacramento Regional Transit District buses and light rail every day of the year. Photo courtesy of Sacramento Regional Transit District

SacRT service area are eligible for the program. Youth experiencing homelessness or participating in foster care programs also qualify, regardless of residence or school enrollment.

SacRT operates approximately 82 bus routes; 43 miles of light rail serving 53 stations; and ADA paratransit services within a 440-square-mile service area throughout Sacramento County, which includes service in the cities of Sacramento, Citrus Heights, Elk Grove, Folsom and Rancho Cordova.

RydeFreeRT cards are distributed through schools and are valid from June 1, 2025, through June 30, 2026.

Students can also obtain a card year-round at the SacRT Customer Service and Sales Center at 1225 R

St. (accessible via light rail to the 13th Street Station) or any Sacramento Public Library branch.

To ride fare-free, students show their valid RydeFreeRT card to the bus operator when boarding or upon request on light rail trains. The card can be used for school, work, recreation and more, even during school breaks and holidays.

RydeFreeRT was launched in 2019 as a pilot program initiated by former Sacramento City Councilmember and SacRT Board Chair Jay Schenirer to combat chronic absenteeism and expand transportation options for students.

For more information about the program and how to obtain a card, visit rydefreert.com or call 916-321-BUSS (2877). ★

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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

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.

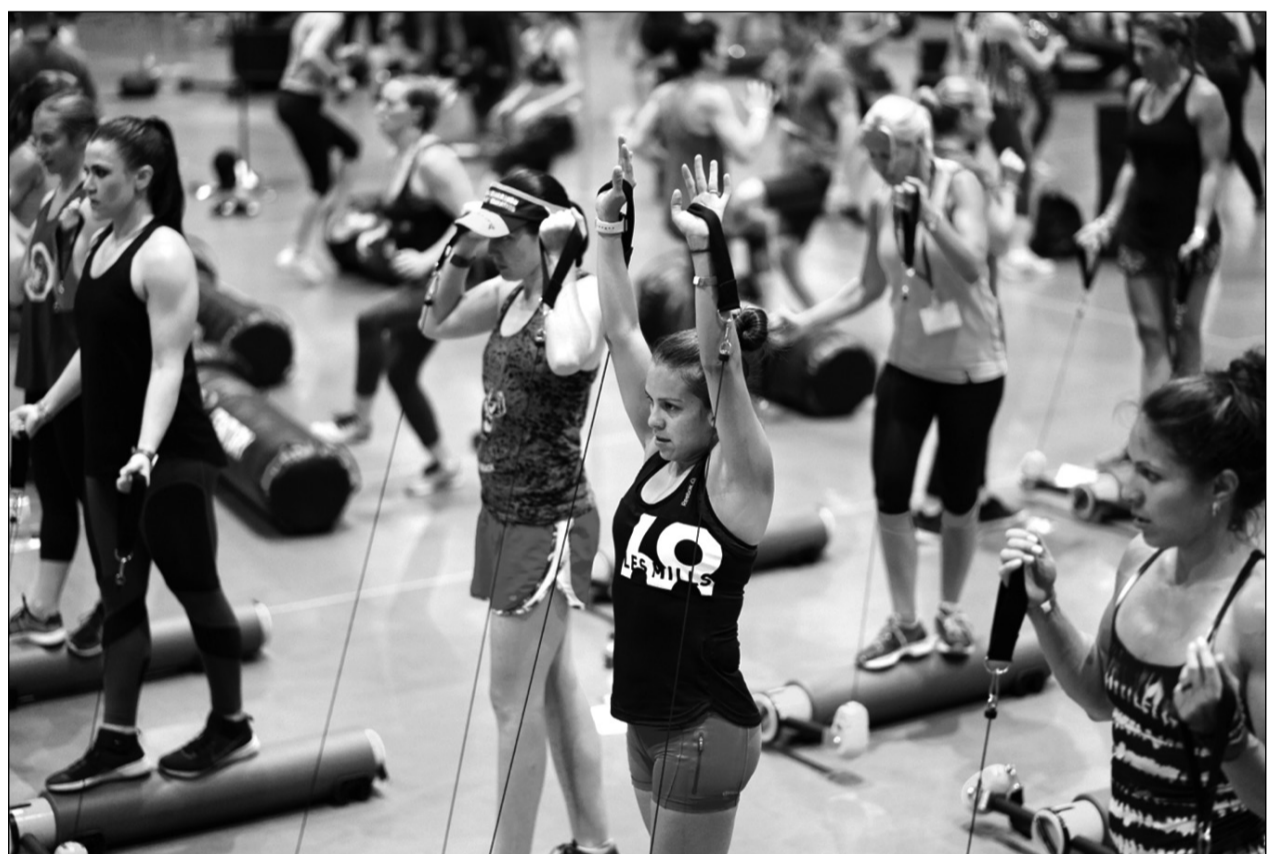
There's a possibility that IDEA World will return to Sacramento next summer, according to Thompson. Next year's event is just in the beginning stages of planning and pricing quotes from the City of Sacramento will be requested, she said.

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." ★



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



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



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



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