



Arden Arcade News

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Bringing You Community News For Over 30 Years

SEPTEMBER 12, 2025

SEE INSIDE

NEW LAW TO EASE HOUSING PROJECTS



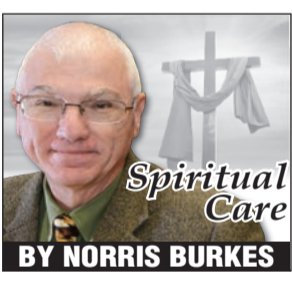
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SEEKING A PROVEN POINT GUARD



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WHAT IF YOU KNEW HOW YOU WERE GOING TO DIE?



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Fresh Start on Fulton

Grocery Outlet Opens with Local Jobs, Big Savings



At the Grocery Outlet's grand opening, Keith and Phyllis Johnson presented a \$500 community grant to UniverSOUL Café.

Story and photos by Omella Rossi

SACRAMENTO, CA (MPG) - A new chapter in local grocery retail began Aug. 28 as Grocery Outlet opened its newest store on Fulton Avenue with a ribbon-cutting ceremony that drew community leaders, elected officials, nonprofit partners and neighbors alike.

The 18,000-square-foot store, located in a former Rite Aid, promises shoppers savings of 40 to 60% on brand-name groceries, fresh produce, dairy, meats and a robust NOSH (Natural, Organic, Specialty, Healthy) section. The location also features beer, wine and spirits. But this grand opening was about more than low

prices; it marked a milestone for the Sacramento region as Keith and Phyllis Johnson became the first Black independent operators to open a Grocery Outlet in the area. "Each of our Grocery Outlet stores is independently owned and operated, and today, we are proud to introduce the first Black-owned Grocery

Outlet in the Sacramento area," said Jason Miyata, director of sales and merchandise for Grocery Outlet. "Keith and Phyllis Johnson have poured their hearts into this store. This has been a long-time dream for them, one rooted in purpose and community." The couple, who celebrated 30 years of marriage

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Find the Helpers

Day-A-Week Outreach Boosts the Unsheltered



The Community HealthWorks mission is to advance community, social and economic health one person at a time. In 2024, Community HealthWorks connected more than 1,050 Sacramento County residents to housing and shelter. Photo courtesy of Sacramento County

By Janna Haynes

SACRAMENTO COUNTY, CA (MPG) - On Thursday mornings in Orangevale, residents experiencing homelessness can get a hot meal, a shower, some clothes and a meaningful conversation with Community HealthWorks (CoHeWo) case workers that can help with a myriad of service connections on the road to exiting homelessness.

In a partnership between Sacramento County Department of Homeless Services and Housing, Community HealthWorks and the Homeless Assistance Resource Team (HART) Orangevale/Fair Oaks chapter, people living unsheltered in some of the farthest reaches of Sacramento County have a day each week to feel seen, heard and loved.

On Tuesday mornings, another team sets up a simple tent, table, jugs of water and a box of donated food items at the park in Township 9, along the American River Parkway. Community HealthWorks staff have iPads to access the Homeless Management Information System (HMIS) and ensure people have the services they need and are enrolled in the programs they want.

Both locations are staffed by compassionate staff members who know the regulars and treat them with dignity and respect. Before they even walked up, we talked about who they expected to see and the hope that they would show up. These office hours happen throughout the county, giving unsheltered folks in need of connection some much-needed stability.

In Orangevale, a woman walked up with a baby stroller but inside, to my surprise, was a small black and white cat. She came for a shower, a meal and a conversation with a group of workers that knew her well. Human connection, even just once a week,

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One Weekend, World of Flavors

Terra Madre Americas Culinary & Cultural Festival

By Idaly Valencia

SACRAMENTO REGION, CA (MPG) - Experience the flavors of the Americas at a first-of-its-kind event when Terra Madre Americas is in Sacramento from Sept. 26 to 28.

Presented by Visit Sacramento and Slow Food, the weekend will be dedicated to showcasing the diverse flavors and traditions of Sacramento and cultures from around the globe.

The Terra Madre Salone del Gusto, Slow Food's premier international festival, is held every other year in Italy, where farmers, chefs and food lovers gather to promote good, clean and fair food for all.

Inspired by that festival, Terra Madre Americas will bring food and drink tastings, live music, chef demonstrations, educational panels, artisan vendors and family-friendly activities to Sacramento.

Apart from certain ticketed/reserved experiences, the festival entrance is free and open to all ages.

Whether you're a cook, farmer

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Presented by Visit Sacramento and Slow Food, Terra Madre Americas will be dedicated to showcasing the diverse flavors and traditions of Sacramento and cultures from around the globe Sept. 26 to Sept. 28 at SAFE Credit Union Convention Center. Photo courtesy of Terra Madre Americas



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Fresh Start on Fulton



Dignitaries and city officials were present at the Grocery Outlet grand opening event. From left are Kay King, president of the California Black Chamber of Commerce; Keith and Phyllis Johnson, owners and operators of Fulton Avenue Grocery Outlet; Mika Klinsmann from State Sen. Roger Niello's office and John Hoffman, CEO and president of the Greater Arden Chamber of Commerce.



Grocery Outlet opened its newest store, on Fulton Avenue, with a ribbon-cutting ceremony.

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 their children, Keith Jr., Cameron and Cassidy, as they cut the ribbon on what they hope will be a transformative space for the community.

"We are blessed today," said Phyllis Johnson. "We are excited to be in this neighborhood. We didn't just bring fresh products, we brought jobs and we're making economic changes. When we had to hire people, we came here. This is about bringing opportunity back into our neighborhoods."

Keith Johnson, who is also a local pastor and a member of the Roberts Family Development Center, reflected on his nearly two-decade journey. "I started in this business

18 years ago," Keith Johnson said. "We brought a grocery store that was a need in this area. Our customers are our boss, we are here to serve, we are here to do things that's right for this community, we are here to drive business. We are here to support the surrounding area and the Sacramento area."

The store's opening was met with enthusiastic support from local and state representatives, including Mika Klinsmann from State Sen. Roger Niello's office and Iris Austin from Sacramento County Supervisor Rich Desmond's office, both of whom presented certificates of recognition to the Johnsons.

John Hoffman, president and CEO of the

Greater Arden Chamber of Commerce, praised the couple for investing in a neighborhood that has seen its share of economic challenges.

"You are helping not only the small-business scenario but all the people who live and work here," Hoffman said.

Kay King, president of the California Black Chamber of Commerce, urged the community to maintain its support beyond opening day.

"If you are from Sacramento, you know that we are a community-driven city," King said, "If you really want to support these business owners, don't just come on days with cameras and lights. Come every day. Support your neighbors. It's tough being in

business. When they say we have food deserts in our community, often we are the culprits. If you steal from the stores that are in your community, you're going to shut them down."

Highlighting their commitment to service, the Johnsons presented \$500 community grants to two local nonprofit organizations: UniverSOUL Café and Lee King's Miracle Homes Foundation.

"You make great work in the community," said Phyllis Johnson. "You're out here feeding homeless people. That's what we're about, lifting people."

Christopher Ashley, spokesperson for UniverSOUL Café, accepted the donation with gratitude.

"This will help those

who are unhoused, living in poverty, facing food insecurity and lacking basic human needs," Ashley said. "May this day mark a beautiful chapter in our partnership."

Dariann Mack of UniverSOUL Café described their grassroots approach: collecting unused food from restaurants and stores, cooking meals in a community kitchen and distributing them to those most in need.

Nathan-Earl Lee, founder of Lee King's Miracle Homes Foundation, shared his plans to reopen a boys' home as a transitional, sober living space.

"This donation is much needed right now," Lee said. "It tells me my efforts haven't been for nothing."

The outpouring of support extended beyond dignitaries and nonprofits. Residents and friends of the Johnsons celebrated the store's arrival as a beacon of hope.

"This store brings new energy and excitement to a community that has seen businesses close and move out," said customer Robin

Carter. "I don't live in this area, but I'll drive here just to support them."

Jennifer Willis, a long-time friend, echoed that sentiment.

"All communities need access to fresh fruits, vegetables and edible foods. Keith and Phyllis are bringing that here," Willis said.

For Tanika Benahini, a nearby business owner, the store offers more than convenience; it offers equity.

"In this economy, food deserts are real," Benahini said. "Now people won't have to choose fast food because it seems cheaper. This Grocery Outlet gives them better options and better health."

The first 100 customers received a Bliss Buck gift card valued between \$5 and \$500; all shoppers received a free limited-edition reusable bag with purchases and a chance to win \$1,000 in free groceries.

The new location on 1309 Fulton Ave. will be open daily from 7 a.m. to 10 p.m. For more information, visit groceryoutlet.com. ★

KP International MARKET

FOOD COURT NOW OPEN
Come Enjoy the Flavors of the World!

10111213141516
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market - 7 Days: 8am-9pm
 Food Court - 7 Days: 11am-1:30pm
 Korean/Mex/Viet: 7:30pm last call
 Chinese/Japanese: 7:00pm last call

Kp KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
 Fri-Sat Come before 5pm (Valid Time)

<p>\$115.00 For 6 people + Gratuity</p> <p>3Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room)</p> <p>\$210.00 For 12 people + Gratuity</p> <p>3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Medium Room)</p> <p>\$230.00 For 14 people + Gratuity</p> <p>3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Family Room)</p>	<p>\$295.00 For 18 people + Gratuity</p> <p>3Hours Karaoke + 3Pizza + Pitcher Soda + 6 Main Dishes (Large Room)</p> <p>\$395.00 For 28 people + Gratuity</p> <p>3Hours Karaoke + 3Pizza + Pitcher Soda + 6 Main Dishes (Party Room)</p>
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Dishes To Choose From

KP Pizza, Chicken Fried Rice, New York Style Pizza, Wings

Steak, Beef, Pork, Chicken, Fish, Seafood, Vegetarian

BBQ Ribs, Fried Chicken, Fried Fish, Fried Noodles, Fried Rice, Fried Potatoes, Fried Onions, Fried Mushrooms, Fried Potatoes, Fried Onions, Fried Mushrooms

FROZEN & FISH DEPT

<p>Frozen Small Octopus 1 lb</p> <p>REG. \$8.99/EA</p> <p>\$5.99 /ea</p>	<p>Popcorn Shrimp LB</p> <p>REG. \$4.99/LB</p> <p>\$2.99 /lb</p>
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WEEKLY MEAT SPECIALS

<p>USDA CHOICE</p> <p>London Broil/Top Round Roast Boneless</p> <p>\$6.49 /lb</p>	<p>BONUS BUY</p> <p>Beef T-Bone Steak</p> <p>\$5.99 /lb</p>	<p>Great Value</p> <p>Chicken Breast Bnls/Sknls</p> <p>\$2.49 /lb</p>
<p>ibp</p> <p>Pork Neck Bones</p> <p>\$1.99 /lb</p>	<p>ibp</p> <p>Pork Butt Boneless</p> <p>\$2.99 /lb</p>	<p>ibp</p> <p>St. Louis Ribs</p> <p>\$3.99 /lb</p>

WEEKLY HALAL SPECIALS

<p>HALAL CERTIFIED</p> <p>Chicken Breast Bnls/Sknls</p> <p>\$2.69 /lb</p>	<p>USDA CHOICE</p> <p>New Zealand Lamb Shoulder Chops Bone-In</p> <p>\$4.99 /lb</p>	<p>USDA CHOICE</p> <p>London Broil/Top Round Roast</p> <p>\$6.79 /lb</p>
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FRESH PRODUCE

<p>Mini Sweet Pepper 1LB</p> <p>\$2.49 /bag</p>	<p>Mushroom White Whole 8 oz</p> <p>\$1.99 /ea</p>	<p>Green Grape Premium</p> <p>\$1.99 /lb</p>	<p>Pink Lady Apple</p> <p>59¢ /lb</p>
<p>English Cucumber</p> <p>99¢ /ea</p>	<p>Ginger Root</p> <p>99¢ /lb</p>	<p>Winter Melon</p> <p>79¢ /lb</p>	<p>Seafood Mushroom 150 g</p> <p>89¢ /ea</p>

AMERICAN/HISPANIC GROCERY

<p>REG. \$4.99</p> <p>\$2.99 /ea</p> <p>Potatoes 5.5 oz</p>	<p>REG. \$2.49</p> <p>\$1.49 /ea</p> <p>Rosarita Beans 16 oz</p>	<p>REG. \$4.49</p> <p>\$3.49 /ea</p> <p>Nellie & Joe's Key West Lime Juice 16 f.oz</p>	<p>REG. \$5.99</p> <p>\$4.99 /ea</p> <p>El Mexicano Pinto Beans 4 lbs</p>
<p>REG. \$5.99</p> <p>\$2.99 /ea</p> <p>Mi Hacienda Tortilla Chips 24 oz</p>			

ASIAN GROCERY

<p>REG. \$6.49</p> <p>\$3.99 /ea</p> <p>U.F.C. Tomato Sauce 1 kg</p>	<p>REG. \$6.99</p> <p>\$5.99 /ea</p> <p>Flavor Full Pure Sesame Oil 12 f.oz</p>	<p>REG. \$6.99</p> <p>\$4.99 /ea</p> <p>Reno Liver Spread 9 oz</p>	<p>REG. \$2.29</p> <p>\$1.79 /ea</p> <p>Dragonfly Young Green Jackfruit 20 oz</p>
<p>REG. \$2.49</p> <p>\$1.99 /ea</p> <p>Royal Assorted Sesame Peanut Candy 7 oz</p>			

EUROPEAN GROCERY

<p>REG. \$4.99</p> <p>\$3.49 /ea</p> <p>Kostlich Egg Noodles 3 kinds 500 gr</p>	<p>REG. \$4.99</p> <p>\$3.49 /ea</p> <p>Marini Savoirdi Lady Fingers 500 gr</p>	<p>REG. \$4.99</p> <p>\$4.29 /ea</p> <p>Tadim Roasted Sunflower Seeds 300 gr</p>	<p>REG. \$2.19</p> <p>\$1.49 /ea</p> <p>Sesame Snack 100 gr</p>
<p>REG. \$3.99</p> <p>\$2.99 /ea</p> <p>Korovka Sweetened Condensed Milk 380 gr</p>			

EUROPEAN DELI

<p>REG. \$13.09/LB</p> <p>\$12.09 /lb</p> <p>Columbus Beef Pastrami</p>	<p>REG. \$7.49/LB</p> <p>\$6.49 /lb</p> <p>Kretschmar Ham off the Bone</p>	<p>REG. \$6.19/LB</p> <p>\$5.19 /lb</p> <p>Green Olives Stuffed with Jalapeno</p>	<p>REG. \$5.59/LB</p> <p>\$4.59 /lb</p> <p>Green Cracked Olives</p>
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<h3 style="text-align: center;">FROZEN & FISH DEPT</h3> <p>REG. \$14.99/EA</p> <p>\$10.99 /ea</p> <p>Abalone Style Shellfish Meat 340 g</p>	<h3 style="text-align: center;">HOUSEWARE</h3> <p>REG. \$10.99</p> <p>\$8.99 /EA</p> <p>KAIZEN WOK PAN 30 CM</p> <p>\$16.99 /EA</p> <p>ELECTRIC RICE COOKER (6 CUPS)</p> <p>\$5.49 /ea</p> <p>ELECTRIC RICE COOKER (10 CUPS)</p> <p>\$6.99 /ea</p> <p>BBQ GRILL</p> <p>\$39.99 /EA</p>
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE SEPTEMBER 10 - SEPTEMBER 16, 2025.

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Find the Helpers

Continued from Page 1

keeps many hopeful.

Another gentleman walked up for his appointment to be entered into the Homeless Management Information System for the first time. He wanted to enroll in CalFresh benefits and get on the shelter list. His case worker seemed relieved that he showed up. The unfortunate reality of homelessness is lack of stability; whether transportation, scheduling or a harsher reality, they get swept.

Gabby, Aaron and Canyon connect with several clients during the two-hour event, guiding new clients through the intake process which assesses their status through a check of vulnerabilities, available resources, criminal history, financial resources and more.

Gabby said that many clients are initially hesitant to honestly answer questions about criminal history and mental illness.

“We can help clients clear misdemeanor warrants that block people from getting into housing. We can make connections with clinicians, critical medications and mental health treatment. Once they find that out, they’re more willing to be transparent with us,” Gabby said.

I asked them why they do this job, specifically why they choose to work in the field instead of in a shelter. Aaron said, “I want to bring resources outside of four walls, where so many people are suffering. Meeting clients where they are helps build trust. They are in the trenches; so are we.”

Canyon agreed but for him, its more so a life mantra: “I believe that while you’re alive, do things that make a difference. Do work that makes life better for everyone. So many people think they aren’t worthy or don’t deserve help but they do.”

Gabby has a history of working in family education, group homes and similar nonprofit organizations with a mission to help homeless.

“The system has failed people. Unhoused people aren’t helpless but they do need a bridge to resources and education. I love educating the community and being part of the change,” Gabby said.

At Township 9, a man wandered up on a bike, peeking into the box of food donations. He was thrilled to see an assortment of sweets. He said that he’s currently sheltered nearby at the Gathering Inn. He declined a water jug, leaving it for those who are completely unsheltered.

Another regular practically ran up to the tent. He shared an elaborate story about an army general and a battle just over the hill. He held a can opener as if it was a bayonet and it was clear he’s suffering from mental illness. But Crystal and Nate from Community HealthWorks know him, understand what to expect and engage him in meaningful conversation, offer him water and food and treat him with respect.

Just a few minutes later, a woman walked up asking for help because she found two tiny kittens in the middle of the road but could not help them because she has two dogs. Crystal called 3-1-1 to make a connection to animal control. Meanwhile, staff engaged her in conversation and she said that her neighboring encampment was recently swept and her friends lost their dog crate and a stack of vital documents. The trauma rolls through nearby encampments fearful of similar activity.

It is a familiar story in many areas of Sacramento County: the clearing of encampments sets residents back through the loss of IDs, paperwork, survival gear and perhaps most importantly, trust in the system.

Nate said he has been helping the homeless for years as a volunteer.

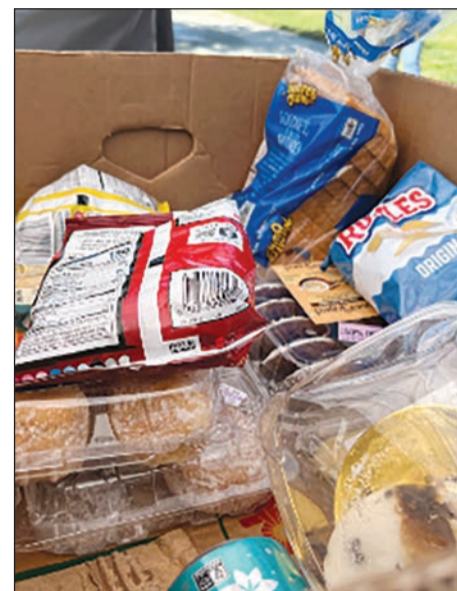
“I didn’t even know this was a paid job. I’ve always helped people that do not have any support or resources. I love people. Everyone is human and deserves to be treated with dignity and respect,” Nate said. “People feel forgotten and that makes them hopeless. Even if I am just helping them get a new ID or some food, it helps them feel seen, puts a smile on their face. That is what it’s about for me.”

As Crystal got off the phone with 3-1-1, relaying instructions to move the kittens to a safe place, she added her work philosophy: “Everyone has turned their back on these people; they don’t deserve that. I have so much empathy for people. Really, I think I was made for this job. People need the most help when they’re at the bottom.”

Community HealthWorks mission is to advance community, social and economic health one person at a time. In 2024, Community HealthWorks connected more than 1,050 Sacramento County residents to housing and shelter. Community HealthWorkers facilitated a wide range of services, including assisting 8,200-plus



People living unsheltered in some of the farthest reaches of Sacramento County have a day each week to feel seen, heard and loved. Photos courtesy of Sacramento County



individuals with Medi-Cal enrollments and renewals, 9,800-plus medical and behavioral health appointments scheduled, and more than 10,000 food supports (Cal-Fresh services) to reduce hunger and food insecurity.

It is such a blessing to my soul to be around folks who care so deeply for strangers, for the forgotten, for the people that society has decided aren’t worth their time. But they are worth our time. They are important and special and deserve to live a safe, dignified life. This Community HealthWorks team isn’t just checking the boxes; they are truly helpers.

As Mr. Rodgers once shared, “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

Janna Haynes is a Sacramento County public information officer. ★



Open your options.

CalPERS members: this Open Enrollment, choose a health plan with access to Dignity Health.

Getting where you need to be in life is easier when the path is clear. Open Enrollment is your chance to take control of your health care—by selecting a plan that fits your needs today and into the future. This year, consider a health plan that connects you to Dignity Health Mercy Medical Group. With 29 locations throughout Greater Sacramento, plus virtual visits and same-day care options at our Express Primary Care and Urgent Care locations—even the ability to communicate with your providers online—we make getting the care you need easy. This fall, open your options. Find out more at DignityHealth.org/CalPERSOE.

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Kings Korner

By V.G. Harris



How important is it to have a capable if not notable point guard on an NBA team?

Ask Magic Johnson, John Stockton, Steve Nash, Jason Kidd, Stephen Curry, Oscar Robertson or Isiah Thomas and you will get an overwhelming consensus.

Even though hall of famers, John Stockton and Steve Nash have never won a championship, having a top caliber point guard does not come with any guarantees.

Nonetheless, having a court general that can distribute the basketball, all the while controlling the tempo and avoiding needless turnovers, is a recipe for winning a lot of NBA games, and that is what every one of these stalwarts were good at.

The Sacramento Kings find themselves in an uneasy position as the regular season looms just weeks away, as for the past 7 years the point guard position was the one area that provided great optimism and not concern.

Drafting DeAaron Fox will be remembered as one of the more erudite maneuvers that the organization has ever made, and as the 2025/2026 season approaches, fans and pundits alike are watching to see how the next floor general will compete and lead the Sacramento Kings.

By reaching into the trade market and acquiring journeyman Dennis Schroder, the Kings are providing the team with a proven point guard that can not only be counted on night in, and night out but also provides young players like Devin Carter and Nique Clifford, a player that can mentor their young careers.

Dennis Schroder deserves no criticism, and it's my hope that not only will he find a team that can provide him with a long-term home, but that he will flourish in his new city.

It has been difficult for fans to let go of DeAaron Fox, and I completely understand. The situation was badly handled last season, and it left a bad taste. But as the new season begins, it's critical that the fan base gives the new floor leader a vote of confidence, and I believe that is just what we can expect to see from the Sacramento base.

So, just who is Dennis Schroder? Born in Braunschweig Germany, Dennis Schroder found basketball at the age of 11, and by the age of 19 was playing professionally in Germany. Showing an entrepreneurial spirit at an early age, Schroder became the owner of the Loewen Braunschweig, a professional

team in Germany.

By 2013 Schroder had gained the attention of the NBA and was drafted 17th overall by the Atlanta Hawks, where he would carve out his young career for the next 5 years. In his last season with the Hawks Schroder scored a career-high 19.4 points per game while contributing 6.3 assists.

Over the next 7 seasons Dennis would go on the play for the Thunder, Lakers, Celtics, Raptors, Nets, Warriors, and Pistons, finally arriving in Sacramento to start the 2025/2026 campaign.

This much movement begs the question, is there something wrong, or is he just an immensely intriguing player with a wealth of experience?

I don't have the definitive answer, but I would say to those who ask, buy a ticket and come see this guy. For me he represents a complete ball player, expert at handling the basketball, able to score when needed, and an excellent passer with an unselfish spirit.

Do I think he can fit in with the Kings and provide the leadership needed to be the starting point guard. I absolutely do, and I think where other teams moved on, the Kings struck gold!

There remain many question marks as the upcoming season nears, but for me Dennis Schroder is not one of them. I believe in short order he will win over the naysayers in the cheap seats and may very well find a destination spot in Sacramento.

Defense has long been a thorn in the side of Sacramento, and Schroder has a reputation for playing tough defense. Not known for being a lock-down defender, Dennis has quick lateral ability, and his long wingspan helps make him a deflection specialist.

Keegan Murray made noticeable improvements in his defense last season, and Keon Ellis has developed into a tenacious defender. Adding a point guard that can complement these two will undoubtedly make a positive impact.

The preseason is almost upon us Kings fans, and I can't wait to see what this point guard in the prime of his career can give the Sacramento Kings.

Stay positive, because I feel that more moves are coming soon!

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

Social Security Matters

Can I Claim My Own SS Benefit Now and Get Half of My Husband's Benefit Later?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I would like to get an answer concerning taking my Social Security benefit soon and switching to my spouse's benefit when he begins to take his. I am 64 years, 9 months old and my husband is 65 years, 7 months. My benefit is low due to the fact that I did not work for about 25 years while raising our children. My benefit would be \$573 at age 65. My husband's benefit at age 67 will be \$3,326. My first question is: can I receive half of my husband's benefit once he begins drawing his? Secondly, if I draw my benefit now will that reduce the amount I can draw from his benefit later? **Signed: Ready to Collect**

Dear Uncertain: As you may know, the full retirement age (FRA) for both you and your husband is 67. If either of you claim before your FRA your monthly SS retirement amount will be permanently reduced and, if you are currently working, you will be subject to

Social Security's Annual Earnings Test (AET) which limits how much you can earn while collecting early benefits. The earnings limit for early filers is \$23,400 for 2025 (changes yearly) and, if that is exceeded, SS will take away some of your benefits (\$1 for every \$2 over the limit). They "take away" by withholding future payments until the penalty is satisfied.

That said, if you claim your personal SS "soon" (e.g., at age 65), you will get about 87% of the amount you would get by waiting until your FRA to claim. You would, indeed, get a "spousal boost" when your husband claims, but you would not get 50% of his age 67 amount. That's because of the way spouse benefits are calculated. When your husband claims, you will get a "spousal boost" added to your early benefit amount (\$573?). The amount of that spousal boost will be computed as ½ of your husband's FRA amount (e.g., \$1663), minus your FRA entitlement (likely about \$661) for a spousal boost of about \$1002. But since you won't have yet reached your FRA when your husband claims, the amount of the spousal boost will also be reduced (to about \$926), which will be added to your age 65 amount of \$573 for a total monthly spousal benefit of about \$1499.

So, the answers to your two questions are:

1. Because you claimed your Social Security retirement benefit early and won't yet be your full retirement age when your husband claims, you will not get half of your husband's benefit when he claims. You would likely get about 45% of his benefit.

2. If you take your own SS retirement benefit now, you will get a higher benefit when your husband claims, but the amount you get will be less than half of his FRA entitlement.

The only way you can get the full 50% of your husband's FRA benefit entitlement is to wait until your own full retirement age to claim Social Security.

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Lisa Cook is Wrong

Uncharacteristically for him, Donald Trump is being too modest in asserting his power over the Federal Reserve.

He's fired Lisa Cook "for cause," citing a clearly pretextual alleged mortgage infraction, when, as a constitutional matter, he should be able to fire her, or Chairman Jerome Powell, for any reason he deems appropriate.

The independence of the Federal Reserve largely rests on its status as a constitutional anomaly, exercising executive authority without being subject to the same rules as the rest of the executive branch. There are good policy reasons for this -- an independent central bank promotes monetary stability -- but the Fed has been granted, in effect, an exemption from our constitutional order for prudential reasons.

The Fed itself isn't in on the joke. Lisa Cook thinks she can't be fired and is suing to keep her job, while Jerome Powell has laughably maintained that he can't be removed from the chairmanship.

Cook can only be given a pink slip for "cause," according to the statute. "Cause" is a broad term, though. If it is interpreted the usual way, it would include a refusal to carry out a presidential directive or policy disagreements. As for Powell, there isn't even any statutory restriction on

dismissing him as chairman.

The head of the Consumer Finance Protection Bureau was also supposed to be insulated from removal thanks to a provision saying that it had to be "for cause." How did that turn out? In 2020, the Supreme Court held that such a constraint was unconstitutional.

This decision was in keeping with the Court's recent drive to vindicate the president's power to fire at will officials whose agencies carry out executive functions.

Article II of the Constitution doesn't explicitly say the president can fire executive-branch officials, but it is implied in the president's power to run the executive branch, as such Founding-era luminaries as James Madison, Alexander Hamilton, George Washington and Thomas Jefferson recognized.

In a 1922 Supreme Court case, Chief Justice Taft wrote for the majority that as the president's "selection of administrative officers is essential to the execution of the laws by him, so must be his power of removing those for whom he cannot continue to be responsible."

The rise of independent agencies with the New Deal and a Supreme Court decision called Humphrey's Executor, saying FDR couldn't fire at will the commissioner of the Federal Trade Commission, sent the removal power into retreat.

But the decision in the CFPB case undercut the logic of Humphrey's Executor, as have other recent decisions. In a concurrence in the CFPB case, Clarence Thomas said it wasn't clear what was left of the reason-

ing of Humphrey's. Whatever remained, he wrote, wasn't enough "to justify the numerous, unaccountable independent agencies that currently exercise vast executive power outside the bounds of our constitutional structure." That should have gotten the Fed's attention.

The Court has sidestepped the status of the Federal Reserve in its removal-power jurisprudence. But there's no legal reason that it should be considered an oasis standing apart from the Court's ruling that there is no "de facto fourth branch of government" lacking "accountability to either the president or the people."

The Fed clearly exercises executive power in its vast regulatory functions, just as the CFPB does. It promulgates rules, polices banks, and issues fines. The Court has held that if an agency exercises executive power only in a fraction of its functions, it is subject to the president's removal power.

The cleanest solution would be to pass a constitutional amendment authorizing an independent Fed or a similar entity. Short of that, the Federal Reserve's regulatory functions could be handed over to another executive agency (although core monetary functions of the Fed also may be executive in nature).

The Supreme Court will surely be reluctant to grasp the nettle on the Fed. Yet, there's little doubt that, on the legal merits, Lisa Cook should be sending out her resume.

Rich Lowry is editor of the National Review.

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New California Law to Make Housing Projects Easier, Cost More



By Dan Walters, CALMatters.org

Two months ago, Gov. Gavin Newsom and legislators from both parties celebrated enacting landmark legislation to remove the California Environmental Quality Act as an impediment to new housing construction.

Lopsided votes in the Legislature for Assembly Bill 130 and Newsom's immediate signature seemingly ended decades of debate over how the environmental law, signed by then-Gov. Ronald Reagan more than 50 years ago, was being used to delay or kill residential developments.

"Saying 'no' to housing in my community will no longer be state sanctioned," said Assemblymember Buffy Wicks, an Oakland Democrat who has long advocated for CEQA reform. "This isn't going to solve all of our housing problems in the state, but it is going to remove the single biggest impediment to building environmentally friendly housing."

Newsom took obvious pleasure in achieving what had eluded other governors, including predecessor Jerry Brown, who once described overhauling CEQA as "the lord's work."

As Newsom signed the measure into law he thanked legislators and housing, labor and environmental leaders "who heeded my call and

came together around a common goal — to build more housing faster and create strong, affordable pathways for every Californian.

"Today's bill is a game changer which will be felt for generations to come," he said.

While AB130 does remove CEQA as a weapon for labor unions and opponents of high-density projects to stall construction, there's a provision buried in the lengthy bill that could create a new impediment.

Two sections, 137 pages in, declare that if a residential project has "significant transportation impact," local governments or regional agencies can impose fees to "mitigate the transportation impact to a less than significant level by helping to fund or otherwise facilitating vehicle miles traveled or related infrastructure projects...."

The so-called vehicle miles traveled, or VMT, fees are "a new housing tax families simply cannot afford," the California Building Industry Association publicly complained, adding that impact fees are already major factors in housing costs.

Local traffic impact fees are not new. In fact, a dispute over a \$23,420 traffic mitigation fee imposed nine years ago for a factory-built house in El Dorado County is still pending after going all the way to the U.S. Supreme Court.

However, AB 130 appears to broaden the potential use of these fees not only for roadway improvements, but also to pay for low-income housing projects throughout the state by contributing to the state's Transit-Oriented Development

Implementation Fund.

Drafting AB 130's CEQA language was a complex process involving multiple stakeholders, not only housing advocates but environmental groups that often employ CEQA to slow or kill major public and private developments and labor unions, which have used the threat of CEQA lawsuits to compel developers to use union workers. The latter issue was a major hang-up that required last-minute amendments to the measure.

The language about traffic fees was never mentioned in analyses of the bill nor in the debates that preceded legislative passage. It's another example of how such budget trailer bills are used by governors and legislators to enact major legislation on the sly, with little or no public airing of the issues.

Trailer bills often contain language that has little or nothing to do with the budget and are often fleshed out just hours before enactment. Under the guise of being budget-related, the bills can be passed with simple majority floor votes, take effect immediately upon being signed by the governor and cannot be taken to voters via referendum.

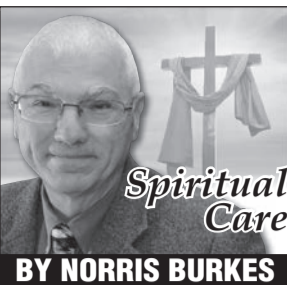
Those factors make trailer bills convenient vehicles for legislation that might not survive close scrutiny. Newsom has been especially willing to utilize them for his legislative priorities.

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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What if You Knew How You Were Going to Die?



BY NORRIS BURKLES

If you knew what you were going to die from, would that change the way you live?

That's the question I faced in my next assignment in 1999 at Patrick Air Force Base, That's the year my Air Force doctor, a graying 50-something flight surgeon brought me in for my pre-deployment physical.

I had mixed emotions about the physical. After all, if he pronounced me healthy, I'd leave my family to go to Saudi Arabia for four months. If he declared me unhealthy, I might face a medical evaluation board and soon find myself unemployed.

During my 15-minute office visit, he hammered on my boney knees, peered into my uncertain brown eyes and shined his flashlight into the airfoils I call ears. He'd put a tongue depressor in my upper orifice and a gloved finger in its southern cousin.

Just as I was refastening my shiny belt buckle, his assistant knocked on the door. "Enter," the doctor barked.

A balding young airman appeared, handed the doctor a manila folder and was quickly dismissed with a perfunctory, "Thank you."

"Ahh. Your test results," he said.

The doc put on the eyeglasses dangling from his neck and flipped through pages of blood tests, eye

tests and vision tests. All the while he was nodding, spouting numbers and mumbling approving words like "good" or "OK."

He closed the file with a smile, so I ventured a guess. "Am I good to go to Saudi?"

"Yes, but there's been a recent increase in your blood pressure, so I'm prescribing some medications."

My face flushed with obvious concern, so he took a more optimistic tack.

"Look at it this way," he said. "At least you know how you're going to die."

"Excuse me?" I begged. "Most likely a doctor will one day write 'hypertension' on your death certificate," he declared.

I rubbed my eyes, in hopes of dismissing the grim reaper I saw draped in a white lab coat.

However, not to be dissuaded by my shaking head, Doc assured me that any thoughts I was having of an early demise were "greatly exaggerated."

With some enthusiasm, he added that my problem would be defined as "service-related. That means that one day your wife, Becky, will get a nice death benefit - all because of your hypertension."

"Bless your heart!" I said. (Southerners know what this means.)

He was predicting a silver lining in my death, but I didn't want to hear it. After all, I was planning to live a long life in a beachside home with my officer's retirement.

My thinking was much like the greedy farmer Jesus mentioned in the parable found in Luke

12:16-21.

The farmer was so successful that he built new barns to store his abundant crops. With his retirement set, the farmer told himself, "Take life easy; eat, drink and be merry."

The story concludes with God prematurely calling the farmer to the pearly gates, leaving all his crops to spoil in the cavernous barns.

Then Jesus added his punch line: "That's what happens when you fill your barn with Self and not with God."

These days, nearly every time I strap on a blood pressure cuff, I think about the survival odds quoted by that doctor. That cuff reminds me that although my earthly life is finite, God's love is infinite, and God always gives better odds.

However, knowing how I might die has changed the way I live. I exercise regularly, eat better and take my medications. But most importantly, Becky no longer has to see me as a potential dollar sign from a VA pension.

CORRECTION: Last week, I misspelled the Amazon website where you can donate supplies to Chispa Project. Our Amazon Wishlist for the back-to-school season is <https://go.chispaproject.org/supplies> (Do not use "WWW.")

Email me with questions or comment at comment@thechaplain.net. Sign up to receive this column by email at thechaplain.net/columns/ Contact Chaplain Norris at comment@thechaplain.net or 10566 Combie Rd. Suite 6643 Auburn, CA 95602 or voicemail (916) 608-0715

County Revises Approved 2025-26 Budget

Sacramento County News Release



SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously on Sept. 3 to revise the approved budget for the 2025-26 fiscal year.

The \$9.2 billion Revised Recommended Budget included an increase of \$239 million in total appropriations from the \$8.9 billion Recommended Budget that the board approved in June.

The increases included a \$16-million increase in General Fund appropriations and a \$223-million increase in appropriations in other funds, resulting primarily from re-budgeting of capital projects and other contractual expenditures and including \$529,000 in non-General Fund growth.

Additional growth in the revised recommended budget includes total appropriations of \$4 million in Net County Cost and 16 full-time equivalent positions.

Re the Sheriff's Department's Intensive

Outpatient Program (IOP) Expansion, \$0.5 million Net County Cost is recommended to fund one full-time equivalent Sheriff Sergeant and four full-time equivalent Deputy Sheriff positions needed for the expansion of the IOP program to comply with the Mays consent decree.

Re the Correctional Health Services - IOP Expansion, \$1.8 million Net County Cost is recommended to increase the UC Davis mental health services contract for five months of expanded IOP operations during Fiscal Year 2025-26 and to provide funding required Fiscal Year 2025-26 Revised Recommended Budget for one-time capital improvements needed at the Rio Consumnes Correctional Center.

Re Health Services

- Behavioral Health Services Act, \$1.4 million of state funding will add nine full-time equivalent positions to provide administrative support for Behavioral Health Services Act mandates.

Re Public Defender - State Prison Unit, \$0.5 million of state funding will add two limited term full-time equivalent positions in the department's state prison unit.

During the hearings, the Board of Supervisors approved a one-time General Fund contribution of \$10 million to the Roads Fund from Service Stability Reserves and a one-time General Fund contribution of \$17,980 to Regional Parks from Service Stability Reserves and \$7,020 from Parks Revenues for a Zodiac Boat.

For more, see the Office of Budget and Debt Management website at bdm.saccounty.gov or the Office of Budget and Debt Management website at bdm.saccounty.gov/FY2025-26BudgetInformation/Pages/default.aspx. ★

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Ethan Gao Claims Victory at State Fair Golf Championship

Sacramento Golf Council News Release

SACRAMENTO, CA (MPG) - The Sacramento Golf Council proudly concluded the 101st California State Fair Championship at the historic Alister MacKenzie Golf Course at Haggin Oaks, with a thrilling display of elite amateur golf talent over three days of fierce competition.

Ethan Gao of Johns Creek, Georgia emerged as the 2025 State Fair Champion, delivering a consistent and commanding performance with rounds of 67-66-68 for a total of 201 (-15). Gao fended off a crowded leaderboard to secure the title in one of California's most prestigious amateur events.

"I was struggling early, just felt off, but you kind of expect that when you are leading in the final round," Gao said. "But I just kept grinding."

When asked what being crowned the California State Fair Champion meant, Gao said, "It means a lot. I have not won a big tournament in four years and I feel like I am turning the corner right as the Stanford fall college season is starting."

A tightly-contested battle saw Taylor Knoll of Folsom and Luke Dugger of Davis tie for second at 203 (-13). Knoll made a final-round push with a 66, while Dugger's solid 68 kept him in the hunt until the end.

Close behind in solo fourth was Kavi Marez of Carmichael, finishing at 204 (-12). Rounding out the top five were Jaden Hunter of Rancho Santa Fe and Tucker Sweeney of Pasadena, both tying for fifth at 205 (-11).



Ethan Gao of Johns Creek, Georgia emerged as the 2025 State Fair Champion, delivering a consistent and commanding performance with rounds of 67-66-68 for a total of 201 (-15).
Photo courtesy of the Sacramento Golf Council

A field of 108 of the West Coast's and beyond top amateur players competed across three rounds on the par-72 championship course, with the cut line falling at 1 under par (143) after 36 holes. The leaderboard featured players from across the United States and international competitors from France, China and Guam.

Notable performances included Reese Sato (Folsom), who posted a blistering second-round 63, the lowest round of the tournament, as well as Zach Mate (Elk Grove) and Kyle Dougherty (Irvine), who both finished at 206 (-10), tied for seventh.

The tournament continued its tradition of showcasing rising stars and seasoned amateurs at one of California's premier public golf venues, named after its legendary architect, Alister MacKenzie.

"We're honored to host this historic championship each year and proud to see such a deep field of talent," said PGA Director of Golf, Mike Woods. "Ethan Gao displayed exceptional poise and consistency. He's a deserving champion."

The Sacramento Golf Council extends its thanks to the players, volunteers, sponsors and staff at Haggin Oaks for making the 101st playing of this storied event a resounding success.

Established in 1924, the State Fair Championship is one of California's oldest and most respected amateur tournaments. Hosted annually by the Sacramento Golf Council, it has served as a proving ground for collegiate standouts, national champions and future professionals. Past Champions include Ken Venturi, Al Geiberger, George Archer and Kevin Sutherland. ★

Singh Wins 2025 State Fair Women's Golf Championship

Sacramento Golf Council News Release

SACRAMENTO, CA (MPG) - The 2025 State Fair Women's Golf Championship ran from Aug. 30 to Aug. 31 at Bartley Cavanaugh Golf Course.

Gianna Singh captured the Women's Championship title with a birdie on the first playoff hole against Sneha Sharon. Singh carded rounds of 67-65 for a total of 132, while Sharon finished with 65-67 for the same 132 total.

In the Senior Division, Kelly Wilson of El Dorado Hills won the title with rounds of 67-74 for a 141 total.

The Low Net Champion was Liz Freeman, playing to an 8.0 handicap, who

posted net rounds of 75/67 each day for a total of 134.

The Championship Flight was open to all women amateur golfers with a World Handicap System (WHS) Index of 6.6 or less. The Senior Division was open to players ages 50 and older with a current handicap index of 18.4.

The competition was 36-hole stroke play.

Charlie Cheung was the tournament chair for the Sacramento Golf Council.

The Sacramento Golf Council is a non-profit volunteer-run organization that conducts and promotes golf events at Sacramento County-based golf courses for all interested golfers. Specific events are open to men and women of all ages and abilities and juniors. ★



Gianna Singh captured the Women's Championship title with a birdie on the first playoff hole against Sneha Sharon.
Photo courtesy of the Sacramento Golf Council



The Low Net Champion was Liz Freeman, playing to an 8.0 handicap, who posted net rounds of 75/67 each day for a total of 134.
Photo courtesy of the Sacramento Golf Council

Cal Expo Kicks Off Football Partnership

California Expo News Release

SACRAMENTO, CA (MPG) - Cal Expo, in partnership with California State University, Sacramento (Sacramento State) is kicking off the exploration of a new chapter for Hornet football.

In a unanimous vote, the California Exposition & State Fair (Cal Expo) Board of Directors approved an agreement with California State University, Sacramento to study the feasibility of transforming the Cal Expo Grandstand into a potential new home for the university's football program.

"In addition to being two state agencies, Sac State is our neighbor, just over two miles down the road," said Tom Martinez, California Exposition & State Fair CEO. "We are excited to collaborate on a project that benefits the broader Sacramento community by bringing Hornet football to Cal Expo."

The project calls for transforming approximately 9.25 acres of the grandstand and racetrack area into a modern football venue with seating for 25,000 and expandable to 40,000 in the future.

"Cal Expo provides an opportunity for us to go much bigger," said Dr. Luke Wood, California State University, Sacramento president. "It's a much larger vision for what we want to do with athletics."

Plans also include installing a new field with lighting, adding modular locker rooms with showers and restrooms, expanding bleacher seating, and making cosmetic upgrades such as fresh paint and Sacramento State Hornets branding. The goal is to bring six to eight Hornet home games to the venue,

beginning in the fall 2026 football season.

"There's no reason that we can't have big-time college football here in Sacramento," said California State University, Sacramento athletics director Mark Orr. "What we need is a facility that can support the aspirations we have for football. The students and community deserve it."

With on-site parking for more than 15,000 vehicles, Cal Expo is well-positioned to host large-scale game-day events.

"Cal Expo has a long history of hosting major community events and this potential partnership reflects our mission to serve the region by providing facilities that bring people together," said Martinez. This collaboration aims to transform the Cal Expo Grandstand into a state-of-the-art venue that brings together Sacramento State athletics and Cal Expo's long tradition of serving as a premier community gathering place.

Cal Expo is home to the California State Fair and plays host to hundreds of other signature events each year. Featuring 350 beautifully landscaped acres, Cal Expo was initiated by Governor Pat Brown and opened by Governor Ronald Reagan in 1968. The current Cal Expo facilities were dedicated as a place to celebrate California's achievements, agriculture, diversity of its people, traditions and trends that will shape the Golden State's future. The California Exposition & State Fair mission is to create a state fair experience reflecting California, including its industries, agriculture, and diversity of its people, traditions and trends shaping its future supported by year-round events. ★

Sac Republic News Release

SACRAMENTO, CA (MPG) - Ahead of the Sept. 15 kickoff of Hispanic Heritage Month, Republic FC and the Sacramento Hispanic Chamber of Commerce are now accepting applications for the annual El Futuro Scholarship.

The partners have teamed up every year since 2019 to award a local student a \$1,000 grant to support their academic journey. The winner will be announced at the club's annual Noche Latina celebration on Oct. 1. Applications are now being accepted at SacRepublicFC.com/scholarships.

"At Republic FC, we believe education is the ultimate goal and El Futuro helps students score it," said Republic FC Vice-President of Community Investment Scott Moak. "None of this would be possible without the amazing partners who step up alongside us to invest in our youth and their future success."

"Hispanic Heritage Month is a time to uplift the stories, achievements and leadership of those shaping our community's future," said Cathy Rodriguez Aguirre, Sacramento Hispanic Chamber of Commerce president and CEO. "Through our partnership with Republic FC, we are investing in students pursuing higher education, helping build a stronger, more diverse workforce for years to come."

Applicants must be currently enrolled at an eligible high school or in a minimum of six units at a California Community College and intend to enroll in a four-year college or university, or a California Community College (minimum 12 units). Additionally, they must be of Hispanic origin and live in the six-county Sacramento region. Applications close at 5 p.m. Sept. 19.

The winner of the scholarship will be notified on Sept. 24. For a complete list of requirements or to apply, visit SacRepublicFC.com/Scholarship.

Last year, Republic FC and the Hispanic Chamber of Commerce awarded the scholarship to Larisa Rosales, who shared her passion for Mexican folklórico dance during the half-time ceremony.

Rosales' interest in sharing and connecting with her Mexican heritage led her to pursue study anthropology at University of California, Davis. "I discovered my love for Mexican folklórico when I was in seventh-grade," said Rosales. "My first year of dancing was just for fun because I enjoyed dancing and took great pride in my Mexican identity."

Cultures from across Latin America will be represented and celebrated on Noche Latina. Upon arriving at Heart Health Park, fans can browse an artisan market featuring local Hispanic and Latino vendors. Music and dance will also be a central part of the celebrations, with multiple groups and styles set to make an appearance before the match begins. Javier Arellano will also co-emcee the match alongside Republic FC's Connor Sutton.

Since 2019, Republic FC has worked with various community partners, including the Sacramento Hispanic Chamber of Commerce and the Capital Black Chamber of Commerce, on its Rising Scholars Series. The program has awarded nearly \$20,000 to young people showing exceptional scholastic leadership and community involvement. For more about Republic FC's Rising Scholars Series, including the El Futuro Scholarship, visit SacRepublicFC.com/scholarships. ★

Women's and Children's Center Celebrates Decade of Care

More than 61,605 Babies Delivered There So Far

Sutter Health News Release

Editor's Note: The Anderson Lucchetti Women's and Children's Center's patients are from throughout Northern California and beyond, including from Sacramento, Yuba/Sutter, Yolo, Placer, El Dorado and Stanislaus counties. The center held a 10th-anniversary celebration on Aug. 21.

SACRAMENTO REGION, CA (MPG)

- When Sutter Medical Center, Sacramento's new Anderson Lucchetti Women's and Children's Center opened in Midtown on Aug. 8, 2015, expectant mothers and new families were welcomed with the highest standard of maternity and pediatric care in Sacramento.

From beginning to end of the birth plan, parents received care in spacious suites with their newborn on the top patient floor of midtown Sacramento's tallest building with great views. Then, as their child grew up, parents knew that they could continue to receive exceptional care in the same facility.

In the past 10 years, Sutter Medical Center, Sacramento has welcomed more newborns than in any decade of its 100-year history: 61,605 babies, to be exact.

But the Anderson Lucchetti Women's and Children's Center is far more than a place to welcome new life. It houses Northern California's largest and most advanced neonatal intensive care unit and a high-risk maternity ward where mothers receive round-the-clock care to give their babies a healthy start. It also includes a comprehensive pediatric hospital within its walls, treating children facing complex, cardiac, oncological, neurological and other serious conditions.

"We're proud to provide not just advanced medical treatments but a healing environment where mothers and children feel supported, safe and truly cared for every step of their journey," said Rachael McKinney, president of Sutter Health's Greater Sacramento Division and interim CEO of Sutter Medical Center, Sacramento.

In 2005, the Anderson and Lucchetti families generously committed \$18 million to Sutter Health to support the Women's and Children's Center's construction. A decade later, in August 2015, the Anderson Lucchetti Women's and Children's Center opened as a 395,241-square-foot, 242-bed acute-care hospital where patients and their families could obtain the highest level of neonatal and pediatric intensive care services, pediatric cardiac, neurological and cancer services, and high-risk and conventional maternity



The Bradley family of Manteca and their 10-year-old triplets help celebrate the 10th anniversary of Sutter Health's Anderson Lucchetti Women's and Children's Center in midtown Sacramento on Aug. 21. The triplets were born premature at Sutter Memorial Hospital in East Sacramento and were transferred on Aug. 8, 2015 to the NICU (Neonatal Intensive Care Unit) at the new Anderson Lucchetti Women's and Children's Center. In front are the triplets, from left, Carly, Ally and Sydney; holding photos of the day they were born. In back, from left, are parents Wendy and Todd Bradley, Sutter Children's Center Medical Director Craig Swanson, Sutter Health Greater Sacramento Division President Rachael McKinney, and Sutter Medical Center, Sacramento Women's and Children's Services executive Whitney Clark. Photo courtesy of Sutter Health

services, as well as other services. Construction costs totaled \$821 million.

In its 100-year history, from the original Sutter Hospital to Sutter Memorial Hospital to the Anderson Lucchetti Women's and Children's Center, the number of babies born total 417,428, more than the city of Sacramento's population circa the year 2000.

In Anderson Lucchetti Women's and Children's Center's first 10 years, there have been 1,152 sets of twins, 35 sets of triplets and one set of quadruplets. The smallest baby weighed 13.6 ounces and the biggest baby weighed 15 pounds, 7.3 ounces.

"Every baby born here represents a unique story of hope, resilience and the extraordinary care that our team is dedicated to providing," said Whitney Clark, women's and children's services executive for Sutter Medical Center, Sacramento. "From the tiniest preemies to the biggest bundles of joy, we are honored to support families through every miracle and milestone."

For 50 years, Sutter Medical Center, Sacramento has been on the forefront of care for women with high-risk pregnancies and their babies, who often need the advanced care of a NICU (Neonatal Intensive Care Unit). To help ensure these babies are delivered as healthy as possible, the high-risk maternity physicians (known as perinatologists) help mothers carry their pregnancies as long as medically safe. Extended hospital stays are common for these mothers, sometimes lasting

many weeks or even months, making the hospital their home away from home.

The Anderson Lucchetti Women's and Children's Center was built with a special unit designed especially for them. The 21 all-private, spacious rooms allow mothers to relax comfortably, welcome visits from family and even personalize the space to feel like home.

"Our goal is to support both mother and baby through every step of their high-risk pregnancy, giving them the best chance for a healthy delivery," said Dr. William Gilbert, Sutter Health's longtime perinatologist and women's service line medical director. "The private, comfortable rooms at Anderson Lucchetti provide a nurturing environment that helps reduce stress and promote healing, making a challenging time a little easier for families."

When planning the new hospital, leadership was adamant that a helistop for medical emergency helicopters be included. The Anderson Lucchetti Women's and Children's Center helistop has been a lifesaver for hundreds of families. To date, more than 1,500 babies and expectant mothers with complicated pregnancies have been transported by medical helicopter to the facility.

"Having the helistop right on the roof means we can get critically-ill babies and moms the care they need faster than ever before," said Dr. Gustavo Sosa, neonatologist and medical director of the NICU. "It's made a huge impact on how quickly we can respond in

emergencies and that speed can be life-changing. For families facing high-risk situations, this facility offers hope and reassurance when every second matters."

The Sutter NICU began 51 years ago to provide high-quality care to fragile infants. But as more babies needed the advanced services offered at Sutter Memorial Hospital, the NICU outgrew its location. The Anderson Lucchetti Women's and Children's Center's NICU has 61 beds, each in an area that provides privacy for families.

Even after 10 years, Wendy and Todd Bradley of Manteca, who had triplets, talk glowingly about the center's NICU.

"We were really impressed by the cutting-edge technology and the family-friendly atmosphere at the Anderson Lucchetti Women's and Children's Center," Wendy Bradley said. "The new NICU's modern design and spacious rooms gave our family so much more comfort and privacy, which made a world of difference during a stressful time. It truly felt like a place built with families like ours in mind."

The new NICU was the first in Northern California to be outfitted with Angel Eye, a camera system that allows parents to check in on their little ones remotely via smartphone or computer and was a game changer during the COVID-19 pandemic. The system was made possible through donations to a nonprofit organization started by a Sutter NICU family.

The facility made national

headlines when its pediatric heart program successfully performed the first minimally-invasive surgeries on little patients. Instead of opening the chest and cracking the sternum, heart surgeons use a pioneering technique that accesses the heart through a small port underneath the armpit. This method helps children grow up without a long chest scar and recover much faster.

It is one of the many innovative approaches that pediatric interventional cardiologists and heart surgeons have been using at the new Anderson Lucchetti Women's and Children's Center.

Kristal Imbrie's daughter, Ariel, who has Down syndrome and has appeared in several advertisements, was the first in the nation to undergo the minimally-invasive surgery.

"That approach avoided so many complications during recovery: no need to stay still as long, no ribs being cut," Imbrie said. "Especially for a child with special needs, it meant she could bounce back faster. It was like she was on espresso."

The pediatric intensive care unit is equipped to handle a wide range of complex medical conditions, including respiratory failure, sepsis, trauma and complications from chronic illnesses. This specialized unit ensures that children receive the highest level of care during critical times, which includes 20 beds and an additional 10 beds dedicated to pediatric cardiovascular care.

The pediatric ICU also collaborates closely with other specialized departments within Sutter Children's Center, such as pediatric neurology and oncology.

"At our pediatric ICU, we focus on giving each child the care and attention they need when it matters most," said Pediatric Critical Care Director Dr. Daniel Falco. "From breathing problems to complex conditions like cancer or neurological issues, our team works closely together to make sure every child gets the right treatment. By teaming up across specialties, we're able to provide seamless care that supports the whole child and their family through tough times."

Sutter Medical Center, Sacramento, which consists of the Ose Adams Medical Pavilion and Anderson Lucchetti Women's and Children's Center, is Sutter Health's flagship hospital and includes nationally-renowned institutes for cardiac, neurosciences and oncology care. Sutter Health is a not-for-profit healthcare system. Learn more at sutterhealth.org and vitals.sutterhealth.org. ★

Sign Up for School Pesticide Notifications

California Safe Schools News Release

CALIFORNIA STATE (MPG) - California Safe Schools, a nonprofit organization dedicated to children's environmental health and safety, reminds parents, guardians, teachers and school staff at all California K-12 public schools and childcare centers to file the Right to Know Pesticide Use Notification form at the start of the school year.

This form is mandated under California legislation, the Healthy Schools Act.

Filing this form with your school office ensures that you receive advance notification of any pesticide applications in or around the school site. It is a critical safeguard and part of each school's commitment to maintaining a safe and healthy learning environment.

Under the Healthy Schools Act, a "school site" is defined as any facility used for public day care, kindergarten, elementary or secondary school purposes. The term includes the buildings or structures, playgrounds, athletic fields, school vehicles or any other area of school property visited or used by pupils. "School site" does not include postsecondary educational facilities attended by secondary pupils or private day care or school facilities.

The Right to Know Notification requires schools to provide at least 72 hours' advance notice before any pesticide application on a campus.

In rare cases when pesticides must be used immediately to address a health or safety emergency, schools can apply them without the standard 72-hour advance notice.

However, the Healthy Schools Act requires that the school district designee make every effort to provide the required notification, even under emergency conditions.

Filing the Right to Know Pesticide Use Notification with your school's Main Office ensures that you will receive alerts before applications occur. This allows parents, guardians or teachers to make informed decisions on application days. Notification can be requested for any reason, not solely for known health concerns.

The Right to Know Pesticide Use Notification program began with the Los Angeles Unified School District's groundbreaking Integrated Pest

Management (IPM) Policy in 1999. This policy embraces the precautionary principle, the idea that if an action or policy has a suspected risk of causing harm to the public or environment, precautionary measures should be taken, even without conclusive scientific evidence. As part of this approach, Los Angeles Unified School District has not used Roundup for more than 20 years, setting

Integrated Pest Management policy led directly to the passage of the California Healthy Schools Act of 2000.

The "Right to Know" notifications are a critical tool that ensure parents, guardians, teachers and staff remain informed, connected and empowered within their school community.

"For more information about pesticide application policies at your school, visit your school's website or contact the school or school district directly," said Robina Suwol, founder and executive director of California Safe Schools.

Learn more about the California Healthy Schools Act at https://www.cdpr.ca.gov/wp-content/uploads/2024/10/hsa_factsheet.pdf and see the full text at http://www.leginfo.ca.gov/pub/99-00/bill/asm/ab_2251_2300/ab_2260_bill_20000927_chaptered.pdf.

The California Safe Schools website is <https://www.calisafe.org/> and the California Department of Pesticide Regulation's website is <https://www.cdpr.ca.gov/>.

California Safe Schools is dedicated to protecting the health and safety of students, teachers, and school staff through education, advocacy, and policy initiatives that promote safe learning environments across California. California Safe Schools spearheaded the effort to create the Los Angeles Unified School District's celebrated Integrated Pest Management Policy in 1999 that led to California legislation such as the Healthy Schools Act. ★



an important precedent in protecting children's health. The success of the Los Angeles Unified School District's

Tahara Named County Teacher of the Year

Event Offers Water-Saving Resources and Rebates

By MPG Staff

SACRAMENTO COUNTY, CA (MPG) - Sacramento teacher Derek Tahara, alongside Elk Grove Elementary School teacher Bethany Hancock, was named 2025 Teacher of the Year by the Sacramento County Board of Education at an Aug. 22 ceremony.

The Sacramento County Office of Education (SCOE) recognized district Teachers of the Year and announced the two county winners during its annual celebration at the Hilton Sacramento Arden West.

Tahara, a third-grade teacher at David Lubin Elementary School in the Sacramento City Unified School District, and Hancock, a third-grade teacher in the Elk Grove Unified School District, received the Elinor Lincoln Hickey Award of Merit, the top honor bestowed by the board. Trustees O. Alfred Brown Sr., Vanessa Caigoy, Heather Davis



Derek Tahara, a third-grade teacher at David Lubin Elementary School, was named a 2025 Teacher of the Year by the Sacramento County Board of Education. Photo courtesy of Sacramento County Office of Education

and Youth County Board Member Nairobi Dunbar presented the awards.

The Sacramento Scottish Rite continued its tradition of awarding perpetual trophies to the winners.

Tahara and Hancock now join a select group of educators who will represent Sacramento County in the California State Teachers of the Year program. Past honorees include Elinor Hickey, the 1978 County Teacher of

the Year and namesake of the award. The two winners were selected by a committee of education professionals, including past Teachers of the Year, who interviewed candidates and reviewed essays from 13 district nominees. Large districts are eligible to nominate two teachers each year.

The program is presented by Sacramento County Office of Education in partnership with the Sacramento Kings, Sacramento Republic FC, Sacramento River Cats, SchoolsFirst Federal Credit Union and Sacramento Scottish Rite.

Sacramento County Office of Education serves more than 258,000 students across 13 districts in Sacramento County, providing direct education, training and support services.

It also leads the Capital Service Region, a 10-county area in Northern California. ★

City of Sacramento News Release

SACRAMENTO, CA (MPG) - Sacramento residents are invited to learn new ways to save water and money at the free Water Wise Garden Showcase from 9 a.m. to noon Sept. 27 at the Department of Utilities main campus, 1395 35th Ave.

"This event is about giving people the confidence and resources to make water-efficient improvements to their yards, no matter their skill level," said William Granger, the city's water conservation coordinator.

Attendees can connect one-on-one with gardening professionals, irrigation experts, landscape designers and contractors.

The event also will feature educational talks and information about rebates from the city's water conservation team.

"We're also excited to introduce some new features this year, including tours of our drought-tolerant garden, a native plant sale and even a mobile coffee bar," said Granger.

Vendors expected to attend include: City of Sacramento Water Conservation, City of Sacramento Recycling & Solid Waste, Master Gardeners of Sacramento County, Sacramento Tree Foundation



- California Native Plant Society
- Green Acres
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- Mantis Gardens LLC
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- Tranquill Gardens
- Water-Wise Landscaping
- Indulgence Mobile Coffee Company.

People are encouraged to RSVP on the Department of Utilities' Facebook page, @SacramentoCityUtilities. A response is not required to attend but helps staff plan for the event. ★

8th & O Street Light Rail Platform Closed Through 2026

Sacramento Regional Transit District News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) is notifying riders and the public that the east platform (for travel inbound toward 8th & Capitol) at the 8th & O Street light rail station will remain closed through late 2026.

While major building construction by the California Department of General Services at 1416 9th St. is expected to conclude at the end of this year, additional work is still needed at the station before full

reopening is possible. The bus stops that were closed during construction efforts at 8th & O streets and 9th & N streets reopened to riders on Sept. 2.

Due to the construction fencing and site limitations, SacRT was unable to raise the east platform during the last phase of light rail station platform upgrades. The platform must be modified to meet the new height requirements for SacRT's modern low-floor light rail trains. A new construction contract for this platform work is expected to be in place by early 2026.

"We understand the inconvenience

this extended closure causes and appreciate our riders' patience," said SacRT General Manager/CEO Henry Li. "Once we are able to begin this next phase of platform upgrades, 8th & O Street Station will be a top priority."

Until the work is complete, the east platform (for trains traveling inbound toward 8th & Capitol) will remain closed. Riders should use Archives Plaza Station as an alternative for inbound service. The west platform at 8th & O Street Station (serving trains traveling outbound toward Archives Plaza) remains open. ★



Due to the construction fencing and site limitations, SacRT was unable to raise the east platform during the last phase of light rail station platform upgrades. Photo courtesy of Sacramento Regional Transit District

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County's Golf Carts Enhance Parking Patrols

Sacramento County News Release

SACRAMENTO, CA (MPG) - Sacramento County's Department of General Services (DGS) Security team has a new tool to help keep downtown parking facilities safe and accessible: two security patrol golf carts.

The carts will be used to patrol three county-managed properties: the employee garage at 7th and F streets, the public parking garage at 725 H St. and the Jury

Parking Lot at Eighth and F streets.

The idea came after the county partnered with local businesses and the Downtown Sacramento Partnership to improve safety and cleanliness in the area. Capitol Protection Group, a private security company assisting with the effort, already uses golf carts for patrols. Seeing the benefit, DGS Security secured two carts to expand coverage and efficiency.

"The carts will allow our building security attendants to cover more ground and



The Department of General Services Security team has deployed two golf carts to patrol downtown parking facilities. Photo courtesy of Sacramento County

strengthen patrols of the county's parking facilities," said Deputy County Executive Sylvester Fadal.

"This is a cost-effective way to enhance security and support the safety of both

employees and visitors."

With more frequent and visible patrols, the carts will help create a safer, more welcoming environment for employees and the public alike. ★

One Weekend, World of Flavors

Continued from Page 1

or just a food lover, Terra Madre Americas is an opportunity to learn and connect with the cultural background behind the food that is being enjoyed.

Grand Tasting

The Grand Tasting, a separately-ticketed event, will kick off the weekend from 6 to 9 p.m. Sept. 26 and feature tastings from more than 20 chefs, along with craft drinks and live entertainment.

Local chefs who will participate include Rebecca Campbell of Sac City Brews, Pedro Depina of The 7th Street Standard, Craig Takehara of Binchoyaki, Michael Fagnoni of Hawks Public House and Nina Curtis of Plant-ish & Co.

General admission, \$125, includes two drinks with unlimited tastings. The experience is limited to ages 21 and older.

Live Music at the Golden 1 Stage

The Golden 1 Live

Music Stage, located at 14th and I streets, will host free performances Sept. 27 and Sept. 28 where attendees can listen to the contemporary sound of national headliner performers to standout local talent.

Acts include deejay NESSS, Son Café, hot-plug, Jon Wiilde, Zephyr, Passion Pit (solo acoustic), Jade Bird, Spoon, The War on Drugs, deejay Lady Char and Big Head Todd and the Monsters.

Performances on Sept. 27 will be from noon to 8:20 p.m. and from noon to 4:30 p.m. on Sept. 28. For set times, visit TerraMadreUSA.com.

Visit Sacramento curated a playlist for attendees to get a sneak peek of the music that will be heard at Terra Madre Americas festival on Spotify at bit.ly/41CSL6U (case sensitive).

Marketplace and Outdoor Vendors

The Terra Madre Americas Marketplace, presented by UC Davis

Health, will be open to all attendees to shop with local and international vendors offering coffee, spirits, meats, cheeses, seafood, produce and more.

There will also be outdoor vendors featuring the best of Sacramento's flavor with food, locally made beers and wines, handmade goods, interactive exhibits and more.

Enoteca Wine Lounge

The Enoteca, presented by Bank of America, will offer wine tastings from North and South America, emphasizing the stories and traditions that are behind each pour.

Educational Panels

Free workshops and panels will be held at the convention center covering topics such as globalized food systems, access to food, biodiversity and indigenous perspectives.

Sessions include "Food as Relationship: Reimagining the Future Through Connection," "What Is Specialty

Coffee," "Cacao in a Cup: Traditions from Brazil, Mexico and Ecuador" and a Wilton Rancheria discussion. Seating is first-come, first-served.

Terra Madre Americas Bistro

Sponsored by SMUD, the Terra Madre Americas Bistro will present three-course meals curated by world-renowned chefs on Sept. 27 and 28. This reservation-only dining experience ranges from \$55 to \$80, with optional wine pairings for \$25.

On Sept. 27, chef line-up includes Matthew Beaudin, Drew Deckman and Elizabeth Falkner. Dishes featured in their dining experience vary from an Ora King Salmon Tartare, a Dubai Croissant, Silken Tofu and Pan Roasted Halibut.

On Sept. 28, chefs Jeremiah Tower, Mary Sue Milliken and Sean Sherman will prepare dishes such as Goat Birria, a Ceviche Sampler,



Presented by Visit Sacramento and Slow Food, Terra Madre Americas will be dedicated to showcasing the diverse flavors and traditions of Sacramento and cultures from around the globe Sept. 26 to 28 at SAFE Credit Union Convention Center, 1401 K St. Photo courtesy of Terra Madre Americas

Incense Cedar Braised Rabbit, Blue Corn Tostada and vegan Wild Rice "Tres Leches" Cake.

Slow Food International

The organizer, Slow Food, is a grassroots movement dedicated to good, clean and fair food for all. The organization cultivates a worldwide network of advocates in cultural and biological diversity, promotes food education and

influences policies in public and private sectors that transform food systems.

The festival runs from noon to 8 p.m. Friday, Sept. 26, 10 a.m. to 8 p.m. Saturday, Sept. 27 and 10 a.m. to 6 p.m. Sunday, Sept. 28 at the SAFE Credit Union Convention Center in downtown Sacramento, 1401 K St.

For more about the festival or to learn more about the experiences, visit terramadreusa.com. ★

ABOUT TOWN

Area Museum Experiences

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

California Museum – "Recuerdos Ilustrados: Día de los Muertos 2025" ("Illustrated Memories: Day of the Dead 2025") features contemporary altars and artwork by artists from Southern California and the Central Valley.

Opening Oct. 11, the annual exhibit explores the Mexican cultural tradition of honoring deceased loved ones each year Nov. 1-2 by creating sugar skulls, altars of the dead) and offerings, which has evolved from the Aztecs to modern

day Mexico and California.

This year's exhibit features the work of printmaking artists Stephanie Mercado, Daniel Villa, and Álvaro D. Márquez, whose altars will be centered around the topic of immigration. Details at californiamuseum.org.

California Automobile Museum – OG Lowrider x Wired Down Sacramento Festival and Car Show, Saturday, September 13.

Vehicle registration is \$50, and general spectators are free. Details at calautomuseum.org.

California State Railroad Museum–The Chinese Railroad Workers' Experience offers visitors a view of

the Chinese workers who built the western portion of the nation's first Transcontinental Railroad. Marginalized by history, the Chinese workers were more than a nameless group of laborers.

Details at californiarailroad.museum.

Sacramento History Museum – Come play our brand new SacTown History Quest! Set in the four corners of the city, come find out about the best hidden gems of Sacramento!

The city is your game board, take your time to find out about these spots and discover areas you never think about! Gears provided & prizes at the end! Drive the quest with your team up to 6 people and unscramble the final puzzle!

Saturdays, Sept. 13, Oct. 4, Nov. 8, Nov. 22. Details at sachistorymuseum.org.

Elks Lodge 6 Calendar of Events

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

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

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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