



From the Dugout
to the Vineyard
with Dusty Bake

PAGE 3



Rosie Day Spa

7600 Greenhaven Dr. #6
Sacramento 95831
RosieDaySpa.com

Sacramento Skin & Body
Wellness Retreat Spa Since 1995 916-393-4299

Pocket News

VOL 34 • ISSUE 19

Bringing You Community News For Over 30 Years

OCTOBER 10, 2025

SEE
INSIDE

CLOCK TICKING ON
GOVERNOR'S RACE



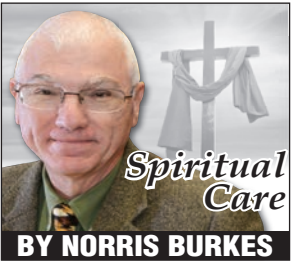
PAGE 5

OFFSEASON
ENDS; IT'S A
BRAND-NEW START



PAGE 5

THANK YOU FOR
WALKING WITH ME



PAGE 8

Taekwondo School Changes Lives

Students of all ages and backgrounds build confidence

Story and photos by
Stephen B. Clazie

SACRAMENTO, CA (MPG) - "Float like a butterfly, sting like a bee" is Muhammad Ali's call to glide through life's challenges with the finesse of a butterfly and the ferocity of a bee. For Jay Riddell, whom vendors call the face and host of the GreenHaven Pocket Farmers Market (GHP), no group embodies that spirit more gracefully than the young martial artists from iYa Taekwondo.

Riddell says, "Their powerful performances and quiet confidence have become a staple of inspiration for the community, proving that strength and softness, discipline and joy, can coexist in perfect harmony."

Why iYa Taekwondo? A Vision Beyond the Mat

Since its opening, iYa Taekwondo has committed itself to changing lives - one student at a time - through martial arts, mentorship and personal development.

Located in the heart of Sacramento, this Greenhaven-Pocket area school doesn't just teach kicks and forms.

According to Master Xai Lor, the CEO and founder of iYa, "It fosters a safe, inclusive space



Farmers Market General Manager Vic Cima said, "We are extremely proud to have these young iYA Taekwondo martial art students demonstrating their skills at the GreenHaven Pocket Farmers Market, located in the Elk 6 parking lot at 6446 Riverside Blvd., from 9 a.m. to 1 p.m. on many Sunday mornings."

where students of all ages and backgrounds can build confidence, learn self-defense and discover their inner strength."

"At iYa, we believe martial arts is for everyone," says Program Director Ana Throne. "Whether you're 5 or 55, there's something

transformative about stepping onto the mat and realizing what you're capable of."

Riddell adds, "More than just a training ground for physical fitness, iYa Taekwondo has become a launchpad for leadership, equipping its students with

the mental and emotional tools to thrive in life and even in business."

From Mat to Boardroom

It may seem like a stretch to connect martial arts with boardroom

Continued on Page 4

Farmers Market Helps Launch Group for Moms



Kristen Broddrick welcomes mothers and future moms at the Pocket-GreenHaven MomCo booth at the GreenHaven Pocket Farmers Market.

Story and photos
by Stephen B. Clazie

SACRAMENTO, CA (MPG) - Vic Cima, general manager of the GreenHaven Pocket Farmers Market (GHP), started this weekly community event with the hope of building a better place to live. He believes they have been very successful, and this summer he especially enjoyed sponsoring a new community project.

The group only needed to be at the market for the summer months to get their program started. Cima said they probably won't be returning to the farmers market, but he wants to continue supporting them and help inform the public about this worthwhile new organization.

They are the Pocket-GreenHaven MomCo (short for mom community), which is for moms of children ages 0-18 years (expecting moms are welcome, too!).

Kristen Broddrick, the group's coordinator, said, "We are not able to offer childcare at this time, so consider this a standing date with your mom friends."

Meetups include intentional conversations with other moms at your table, a short video related to motherhood, womanhood or relationships, and a creative activity.

The group meets on the first and third Thursdays of each month (September through May) from 7 to 9 p.m. at River's Edge Church, 6449 Riverside Blvd. Their first meetup of the year was on Sept. 18 and drew 26 moms.

Broddrick, a mother of two young boys, added, "We also organize service projects, playdates and moms' nights out throughout the year. Motherhood is better together, and we'd love to have you join us!"

★

Falling into Fun

Events to Attend
this Fall Season

By Idaly Valencia

SACRAMENTO, CA (MPG) - Autumn has arrived in the "City of Trees," wrapping the region in golden, fall colors. Throughout October, the Sacramento area comes alive with pumpkin patches, harvest festivals and Halloween celebrations.

Discover the events happening near you and celebrate the season by making memories with family and friends.

Pumpkin Patches

The Farm-to-Fork capital is home to many farms that open their gates for pumpkin picking and autumn activities during this time of year.

An area favorite is Nick and Ray's Pumpkin Patch just 10 minutes from downtown at 3845 El Centro Road

Continued on Page 10



A local favorite, Nick and Ray's Pumpkin Patch is just 10 minutes from downtown and open now through Nov. 2. Photo courtesy of Nick and Ray's Pumpkin Patch



Scan our QR Code for a
direct link to our online edition!

PRSRTD STD.
U.S. POSTAGE
PAID
CARMICHAEL, CA
PERMIT NO. 350
OR CURRENT
POSTAL CUSTOMER

SENIOR LIVING

OFFERING ASSISTED LIVING & INDEPENDENT SENIOR APARTMENTS

CALL TODAY FOR A PERSONAL TOUR

(916) 395-0210 | accsv.org



LIC 347005257



PocketSacNews.com

'Imagine This...' Writing Competition Underway

California Foundation for Agriculture in the Classroom News Release

SACRAMENTO REGION, CA (MPG) - Aspiring young authors with great stories to share about agriculture are encouraged to enter the California Foundation for Agriculture in the Classroom's annual "Imagine this..." Story Writing Contest.

Entries are due Nov. 1. Last year, more than 500 students submitted stories and six state-winning entries plus one honorable mention were published in the "Imagine this... Stories Inspired by Agriculture 2025" book. The fifth-grade winner last year who wrote "The Little Farm Dog" was Josephine Slattery from the Twin Rivers Charter School in nearby Yuba

City. The "Imagine this..." Story Writing Contest invites students in third through eighth grades from public, private, charter and home schools throughout California to submit original fiction or non-fiction stories highlighting agriculture's positive impact. "Agriculture is all around us," said Amanda Fletcher, the California Foundation for Agriculture

in the Classroom's executive director. "We encourage students to get out their pencils and think creatively about an experience they've had that involves food, fiber or any topic related to agriculture." Regional and state winners will be announced Dec. 1. The six state winners, one from each grade level, will have their stories

illustrated by high school art students and professionally published in book form. Along with their teacher and parents, each will also receive a trip to Sacramento for an awards ceremony at the Capitol that includes medals, e-readers and classroom resources. Regional winners will receive plaques, books and teacher resources for their participation. "The 'Imagine this...' contest helps students and teachers see just how connected we all are to the

farmers and ranchers who keep California growing," Fletcher said. "It's a fun way for students to explore the world around them while also meeting Common Core writing and literacy standards for grades three through eight." Entry forms, contest rules and tips on incorporating "Imagine this..." into the classroom can be found at LearnAboutAg.org/programs/contest. Copies of the 2025 book are also available there for \$8.50. ★

Breakfast
Lunch
Dinner

Happy Hour 3pm - 6pm ★ Mon - Fri

Mon - Fri: 11am - 10pm
Sat & Sun: 9am - 10pm
Breakfast
Sat & Sun: 9am - 2pm

916.665.1169
8259 Freeport Blvd.

Follow us on Instagram and Facebook
freeportbarandgrill.com

Food served all day long. Indoor and covered/heated outdoor seating available

A COMMUNITY TO CALL HOME!

PENDING

3009 Granite Park Lane,
Elk Grove, CA 95758

Turn-key single-story home in the desirable Heritage Lakeside 55+ gated community! This 1,694 sq. ft. residence offers 2 bedrooms plus a den/possible 3rd bedroom & 2 full baths. Step inside to an open great room plan w/large kitchen, sunny breakfast nook, dining bar & open concept ideal for visiting w/friends & family. Formal dining area w/outside access, gas fireplace, indoor laundry room. Primary suite w/en-suite bath - walk-in closet, oversized shower stall w/bench & double sinks. Enjoy the low-maintenance backyard w/covered patio, shade trees & storage shed: perfect for gardening, relaxing or entertaining. This is more than just a home, it's a lifestyle. **\$555,000**

Nick LaPlaca
916-764-7500
Nick@NickLaPlaca.com

Gina LaPlaca
916-548-1628
GinaSellsSac@gmail.com
CalDRE #01259236

BERKSHIRE
HATHAWAY
HomeServices

Drysdale
Properties
CalDRE# 00842218

WHY PAY A HIGHER MORTGAGE
WHEN YOU DON'T HAVE TO?
COME HOME TO THE EXPERTS

PUT MORE MONEY INTO YOUR HOUSE,
NOT YOUR HOUSE PAYMENT.

Apply Online Here!

More Lenders = More Competition = Lower Rates and Fees / Multiple options to lower payments / Lower Payments = More Money in your Pocket!

916.476.6507 info@greenhavencap.com

Kevin Oto
President/Broker
DRE Lic# 01721444
NMLS ID: 62641

Kyle Garman
Sr. Loan Consultant
DRE Lic# 01886785
NMLS ID: 354318

Bryan Tom
Loan Consultant
DRE Lic# 01960546
NMLS ID: 1234757

Oliver Z. Vang
Loan Consultant
DRE Lic# 02136983
NMLS ID: 2228210

Laura Corbett
Loan Consultant
DRE Lic# 01758984
NMLS ID: 1180623

Hilda Sousa
Loan Consultant
DRE Lic# 01873794
NMLS ID: 1439315

Lavega Sims
Sr. Loan Consultant
DRE Lic# 02081405
NMLS ID: 2163176

Kyle Johnson
Loan Consultant
DRE Lic# 02081405
NMLS ID: 2163176

5890 S Land Park Drive, Sacramento, CA 95822, Equal housing opportunity lender. We do not conduct business in states where we are not licensed. Interest rates are subject to change. <https://www.nmlsconsumeraccess.org/> CAL DRE #01842493, NMLS ID: 173062, CAL CFL #60080-174459

Election Information

November 4, 2025, Statewide Special Election

Vote Early and Vote by Mail

OCT

SMTWTFSS

X

OCT

SMTWTFSS

X

OCT

SMTWTFSS

X

NOV

SMTWTFSS

X

NOV

SMTWTFSS

X

Oct 6

Ballots begin to arrive by mail. Official Ballot Drop Boxes are now open.

Oct 20

Close of registration. Register today!

Oct 25

11-Day Vote Centers open through Election Day.

Nov 1

All Vote Centers open through Election Day.

Nov 4

Election Day! Last day to turn in your ballot.

Vote Early! Don't wait for Election Day.

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Official Ballot Drop Box, or at any Vote Center. No postage is necessary.

Track your Ballot!

Sign up for "Where's My Ballot?" with BallotTrax, a free ballot-tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot from printed to accepted. Scan the QR code or visit www.wheresmyballot.com

Vote Early! Vote by Mail.

Visit www.elections.sacounty.gov or call toll-free (800) 762-8019

From the Dugout to the Vineyard

Baseball Legend Dusty Baker Helps to Produce a Great Pour in West Sacramento



Major League Baseball legend Dusty Baker is partner and grower in West Sacramento-based B and B Wine Company LLC in West Sacramento. Photos courtesy of B and B Wine

By Kathleen Wheeler

SACRAMENTO REGION, CA (MPG) - In 2012, baseball manager Dusty Baker teamed up with winemaker Chik Brenneman to create an urban winery brand specializing in handcrafted and limited-production wines.

Starting out as a gentleman’s vineyard in Baker’s backyard, the wine initially was given away to friends and family. After a consistent level of praise and acclaim for Baker’s 2012 Vintage Syrah, the duo decided to expand their production and to “go pro.”

In 2013, Baker and Brenneman established B and B Wine Company, LLC, which now produces and bottles their wines in West Sacramento.

All of B and B’s hand-crafted wines are produced from grapes sourced and harvested through local Northern California vineyards. Its varietals embody

unique characteristics representative of the various microclimates within the regions.

Visit B and B’s tasting room in West Sacramento where you can say hello and enjoy these unique wines.

Dusty Baker, Partner and Grower

Dusty Baker played major league baseball for 16 seasons with the Atlanta Braves, Los Angeles Dodgers, San Francisco Giants and Oakland A’s.

He went on to be the manager for the San Francisco Giants, Chicago Cubs, Cincinnati Reds, Washington Nationals and has recently retired from the Houston Astros. His record-setting career as a Major League Baseball manager is legendary and has earned him “Manager of the Year,” and he now has surpassed 2,000 regular season managerial

wins. In 2022, Baker added a managerial World Series win to his list of baseball accomplishments.

He has carried his passion and desire for excellence from the baseball field to the winery.

Baker’s combined efforts with Chik Brenneman in establishing Baker Family Wines has given him great pride and he’s looking



Chik and Polly Brenneman have been making wine in both amateur and commercial settings together for 25 years.

forward to the future of producing more great wine for clients to enjoy.

Chik and Polly Brenneman, Winemakers and Partners

In 1998, Chik Brenneman graduated with a Master’s degree from the University of California, Davis school of Viticulture and Enology, a school

internationally respected for innovation in grape growing and winemaking. He has worked for Amador Foothill Winery, Terre Rouge-Eason Winery in Amador County and then at Woodbridge by Robert Mondavi in Lodi. In 2006 he became winemaker and winery manager for the Department of Viticulture and Enology at UC Davis.

Polly Brenneman joined the B and B team after she retired from a local hospital as a clinical laboratory scientist. She is an excellent chef and complements the duo with her strong palate and analytical skills.

Chik and Polly Brenneman have been making wine in both amateur and commercial settings together for 25 years. At Baker Family Wines, the Brennemans ensure that every hand-crafted wine is of the highest quality and will absolutely delight B and B’s customers. Their motto is, “If we’re not going to make good wine, why bother?”

B and B Wine Company’s tasting room is at 2568 Industrial Blvd. Suites 110/120, West Sacramento. It’s six minutes or 2.6 miles from Sutter Health Park, home of the River Cats and Athletics. Learn more at bakerfamilywines.com. ★

Introducing Your Specialists in Global Wine Tourism

Writer and travel professional Kathleen Wheeler, left, is partner, with Patti Palamidessi, right, in Wine Chic River Cruises, a travel agency focusing on local wineries through river cruises in Europe. Their love and passion for travel allows clients to experience unique adventures.

Each adventure is hand-crafted and selected specifically for the individuals. Because of the



incredible destinations at the travelers' fingertips, many memories will be gained.



Contact Wheeler at 916-201-6881 or Palamidessi at 916-802-6534. And visit winechicrivercruises.com.

Open new horizons.

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/OpenEnrollment.

Hello humankindness®



Dignity Health®
Mercy Medical Group

A Service of Dignity Health Medical Foundation



GreenHaven Pocket Vendors Appreciate Jay Riddell

Story and photo by Stephen B. Clazie

SACRAMENTO, CA (MPG) - Jay Riddell, whom vendors call the face and host of the GreenHaven Pocket (GHP) Farmers Market, has been volunteering for less than a year, but he’s already become an invaluable assistant to Vic Cima, the general manager of the market. Cima said many market volunteers deserve recognition.

The first volunteer to show up early every Sunday morning is John Doke. The sun cannot rise on the farmers market until Doke gives the “OK!” He is in charge of the setup and has been doing it for three years. Doke is there throughout the day. Another very dependable early arrival every Sunday is George Pinto. Not too long after comes Aaron Jefferson and

his pickup to haul things out. In addition to being a volunteer, Jefferson is Elk 6’s Lecturing Knight.

Doke and Riddell work together to make sure all of the vendors have everything they need.

Cima explains, “I hate making thank-you lists because I’ll always miss someone. I worry I might forget to mention my lifelong friend Ron Sharp, whom I’ve known for over 70 years.”

Cima says it’s a pleasure to see vendors refer to Jay Riddell as the face and host of the market. He admits it meant a lot to him when Riddell received the following note from one of the market’s vendors:

9/14/25, 9:49 a.m.

Mr. Jay: “The heart of a volunteer is not measured in size, but by the depth of their commitment to make a difference in the

lives of others.”

Thank you for your kindness – and most of all, your humor. Thank you for being here. You are the face of this market, and we appreciate you.

With much love,

Nikko Kenney, HomeGrown, Inc.

Kenney, who is the president of HomeGrown, Inc., also shared:

“Our mission at HomeGrown, Inc. is to empower communities with the knowledge, resources, and skills to cultivate self-sufficiency through homegrown food production. We are dedicated to fostering sustainable, resilient, and thriving communities by educating individuals in the art of growing their own nourishment.

Through accessible education, hands-on training, and community engagement, we aim to break down barriers to food



Jay Riddell was overwhelmed with joy after receiving a note from Nikko Kenney.

insecurity, promote healthier lifestyles, and cultivate a deep sense of self-reliance.

Together, we sow the seeds of self-sufficiency for a more sustainable and equitable world.”

Taekwondo School Changes Lives

Continued from Page 1

success, but the parallels are striking.

“From black belts to billionaires, the mindset fostered by martial arts,” says Lor, “has proven to be a hidden superpower for many high-level leaders.”

Take Dan Schulman, CEO of PayPal, whose Krav Maga training instills in him a sense of constant forward momentum: “Standing still is asking to be hit.”

Or Mark Zuckerberg, who trains in Brazilian Jiu-Jitsu several times a week to build resilience and mental focus. Even Adena Friedman, CEO of Nasdaq, earned her black belt in Taekwondo and credits the experience with sharpening her determination and courage. These leaders – and many like them

– mirror the same lessons being taught every day at iYa Taekwondo.

Lessons in Leadership, Learned in a Dobok

At iYa, martial arts is more than a sport. It’s a system for personal excellence. The school’s programs are intentionally designed to cultivate qualities that echo in boardrooms, classrooms and communities alike:

Discipline & Focus: Students are taught to master skills through repetition and dedication: lessons that translate into consistent performance and self-management in the real world.

Stress Management: Training sessions offer a physical outlet for tension and teach students how to remain calm under



Marial arts students are taught to master skills through repetition and dedication.

pressure.

Confidence and Leadership: Advancing through belt ranks builds self-belief. Many students find themselves leading drills or mentoring peers, developing communication and leadership skills organically.

Team work and

Communication: Whether it’s partner sparring or group forms, students learn the value of listening, adapting and working toward shared goals.

Adaptability and Resilience: Setbacks are inevitable in martial arts, just as in life. Students are taught to embrace failure

as part of the learning process, building the grit needed to persevere.

From Student to Standout: The Story of Xai Lor

Among the many young leaders shaped by iYa Taekwondo is Lor, a standout student who’s drawn praise from instructors and community members alike. Through years of practice, Lor has transformed from a quiet participant into a confident role model, leading demonstrations and inspiring peers.

Her growth is living proof that martial arts is more than physical training: It’s a blueprint for becoming a leader in any field.

She is honored to be the first Hmong American woman to own and operate a Taekwondo school in the United States, at 7385 Greenhaven Drive, Suite 2.

A Community Powered by Purpose

For Riddell and the community at the GreenHaven Pocket Farmers Market,

the presence of iYa Taekwondo is more than a performance, it’s a symbol of resilience, unity and growth.

Watching young martial artists move with purpose and poise reminds everyone that leadership isn’t reserved for boardrooms or billionaires. It’s built here, on mats, in markets and in moments of quiet determination.

Whether you’re looking to improve fitness, build confidence or become a leader in your own life, iYa Taekwondo offers a path worth exploring.

Ready to take the first step toward your black belt in life?

Visit iYa Taekwondo Sacramento and discover how martial arts can transform not just your body, but your future: iyatkd.com. Phone 916-382-9058.

GHP General Manager Vic Cima says, “We are extremely proud to have these young athletes demonstrating their skills at the Farmers Market. 9 a.m. to 1 p.m. on many Sunday mornings.”

Wonderful Home Centrally Located to Everything!

5609 Norman Way Sacramento 95822

Spacious home with separate living and family rooms. Two car attached garage.

3 Beds | 1 Bath
\$425,000 | 1,620 Sq Ft.

New windows, roof, central heat/air, refinished hardwood floors. New, quality interior and exterior paint.

MONA GERGEN
916-247-9555
CalDRE# 01270375
mona@monagergen.com

DUNNIGAN
Realtors

MIKE YEE, ESQ.
Leading the way top rated!

YEE LAW GROUP

Start planning now - call to schedule your **FREE** estate planning consultation today!

WILLS - TRUSTS - PROBATES

PRACTICE AREAS:

- Living Trust
- Advance Health Directive
- Power of Attorney
- Probate
- Conservatorships
- Other Special Planning

UNIQUE TO EACH CLIENT

The incredible team at Yee Law Group's top priority is client satisfaction and serving each client with exceptional professionalism and precision.

Call **916-927-9001** for Free Consultation
4010 S. Land Park Drive, Suite B, Sacramento 95822

mylawyersllp.com

See our awesome reviews on:

FD360

Serving Sacramento & Land Park for over 100 years

GEORGE L. KLUMPP

CHAPEL OF FLOWERS

Ask About Our New
Enhanced Cremation Plan

- Traditional, Green or Natural, and Cremation Plans
- All plans are INTEREST FREE

Payments Range from **12 months thru 48 months**

- Saturday & Sunday Appointments upon request

Call Us TODAY! 916 443-7917

2691 Riverside Boulevard, Sacramento 95818 • www.klumppsfuneralhome.org

Jessycab Shoemaker
JShoemaker@scfssacramento.org
916 840-2147
*Manager of Funeral Services
Funeral Director FDR3709*

Kings Korner

By V.G. Harris



The offseason is over, and your Sacramento Kings are undefeated. It’s that time of the year for effervescent optimism, and it has a contagious effect.

Time to be a little kid again and dream that your home team can win the first championship in Sacramento Kings history.

Is that a strong likelihood? The basketball pundits will tell you no, and emphatically no. Local media seems to have a Debbie downer attitude as it relates to the Kings playoff chances, let alone an actual championship.

I choose to focus on what I know is doable and ever likely, with the assembled group of ballers we have that will grace the confines of Golden One Arena on Oct. 8. The Kings face Utah Jazz in their first preseason game of the 2025/2026 campaign.

I will be sitting behind the Kings bench like a kid in a candy store, ready to greet newcomer Dennis Schroder with open arms, and hopes that Dennis will get a warm Sacramento welcome. Schroder has received few accolades as he joins this year’s squad, but I believe he could make Sacramento his home for years to come.

As a mentor, Schroder offers a great opportunity for both Nique Clifford and Devin Carter to see how an NBA point guard plays both ends of the court, and Dennis skills as a teacher and veteran NBA ball distributor portends to be an invaluable asset.

Little used Doug McDermott managed to acquire a fan club last season, as he electrified the crowd with his deft 3-point shooting, and it remains to be seen if Doug Christie can translate McDermotts ability to shoot from long range into wins.

Domantas Sabonis returns as the shining star, and his dominance is undeniable. The perennial rebounding champion of the NBA holds down the block like no other center in Sacramento Kings history, and the 2025/2026 season should be more of the same.

Sabonis brings a nightly double-double to the table and an attitude of optimism that translates into team chemistry. If there was a statistic for helping fallen players to their feet, Domantas would win the award going away, and that comes with an effervescent smile that lights up the court.

If ever there is a player that deserves 100% fan support, it is Sacramento’s own

Domantas Sabonis, and my advice to fans is to enjoy this magnetic big man while you can.

As Wednesday approaches with no recent acquisitions, the starting five appears to be Domantas Sabonis, Dennis Schroder, DeMar DeRozan, Zach Lavine and Keegan Murray.

That represents a lot of scoring power, what remains to be seen is how Doug Christie can accomplish a flow that will return the Kings to the high-powered scoring machine that led the NBA in scoring just 3 short seasons ago. That cannot be done by the starters alone, so Christie’s use of his bench will be a needed ingredient.

Malik Monk appears to be more comfortable in the 6th man role, and he could become a catalyst of prosperity on both ends.

Likewise, Devin Carter showed flashes of brilliance last season, with his defensive skills, and playing alongside Keon Ellis, this tandem could wreak havoc on opposing offensives.

A looming question is whether Doug Christie will abandon his staccato substitution style, in favor of one that allows players to understand better their roles. Knowing that you can expect to play every game and understand how many minutes it’s likely you’ll play can help in fomenting a more formidable NBA bench.

Will 2025/2026 be a coming out party for Isaac Jones? It should be, as he adds length while helping support Sabonis on the boards, and provides a scoring punch with a nice touch around the rim that can translate into easy baskets.

It is no secret that many teams approached the Kings regarding Keon Ellis and Keegan Murray. I give credit to G.M. Scott Perry for realizing what he has in these talented youngsters and keeping them in this year’s squad.

If you’re not excited Kings fans, it’s time to let your hair down and howl! Get a little crazy and dream the dream!

The first 10 games of the regular season are brutal, and if our hometown boys can acquit themselves admirably, fans may be in for a season to remember!

All the best and enjoy!

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

For Those Hoping to Be California’s Next Governor, The Clock is Ticking



By Dan Walters, CALMatters.org

Harris finally said no, with a rather odd remark: “I don’t want to go back in the system. I think it’s broken.” She may have been referring to national politics, but since the issue was California’s governorship, she could also have been implying the state was broken after many years of dominance by her Democratic Party.

Harris’ decision, whatever her motives, did not settle the question about who will be running for governor next year. There are declared candidates, of course, but none scores very high in preliminary polling.

Lt. Gov. Eleni Kounalakis had been one of the first to declare her candidacy but shortly after Harris announced her decision, Kounalakis dropped out, opting instead to run for state treasurer.

With those two out of the picture, former Congresswoman Katie Porter became the frontrunner, more or less by default, but with underwhelming support — 17% in a poll by UC Berkeley’s Institute of Governmental Studies, released in late August. Her standing may have reflected nothing more than name recognition from her losing campaign for U.S. senator last year.

This week Toni Atkins, former president pro tem of the state Senate, also ended her campaign, saying she could see no pathway to victory. A few other Democrats remain, most notably former Biden administration official and state Attorney General Xavier Becerra and former Los Angeles Mayor Antonio Villaraigosa.

Mostly, however, we are seeing just preliminary

skirmishing among those still in the race, because we’re still waiting to see who else might run.

After the departure of Harris and Kounalakis, another name popped up in media speculation: U.S. Sen. Alex Padilla.

It’s difficult to understand why Padilla, who holds one of the nation’s most coveted political offices and could remain in the Senate for the rest of his life, would want to seek no more than eight years as governor.

Does he really want to deal with California’s plethora of infinitely difficult, unresolved issues, such as homelessness, housing shortages, water supply uncertainty, economic stagnation and, perhaps trickiest of all, a chronic multibillion-dollar budget deficit?

Were Padilla to give up his Senate seat for the governorship, as Republican Pete Wilson did in 1990, the only logical motive would be civic duty — he thinks California needs him to weather its crises.

Meanwhile, we’re waiting for another potential candidate, Rick Caruso, to also declare intentions. The very wealthy Los Angeles businessman ran a credible but unsuccessful race for mayor of his city after switching his party identification from Republican to Democrat and could draw support from moderate voters and interest groups of both parties. He says he’s weighing a race.

Don 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. ★

Social Security Matters

When Will My Disability Become My Regular Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I hope you can answer this question. I’m currently receiving Social Security Disability benefits, and I will be turning 65 in February 2026. I’m confused as to how Social Security Disability transitions to regular Social Security, and when. I assume it’s age 65 but maybe it’s my retirement date? Also, does the amount remain the same or will it change? I’m not working. I’ve been on SSDI for about 15 years. Thank you.

Signed: Disabled Senior

Dear Disabled Senior: If you are collecting Social Security Disability Insurance (SSDI) benefits, those SSDI benefits

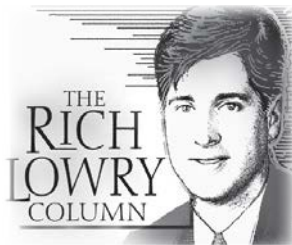
will automatically convert to become your regular Social Security retirement benefit when you reach your SS full retirement age (FRA) which, in your case, is age 67. For information, FRA today is somewhere between age 66 and 67, depending on your year of birth, and the full retirement age for everyone born in 1960 or later is age 67.

The change from SSDI to your regular Social Security benefit will be transparent to you because your monthly benefit amount will remain the same. SSDI benefits were originally awarded to you based upon your full retirement age entitlement when you applied for SSDI (even though you hadn’t yet reached your FRA when you went on SSDI). Thus, the monthly benefit amount will not change because it is based on your lifetime earnings record, from before you became disabled.

FYI, although age 65 was once Social Security’s “retirement

age,” full retirement age for Social Security today is based on the year you were born. So, your SSDI benefit will automatically switch to become your regular Social Security retirement benefit as soon as you reach age 67. Essentially, the only thing that will change is the Social Security Trust Fund from which your benefits will be paid.

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. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



Mississippi, Not California, is the Education Future

A miracle defies the laws of nature. This is why “the Mississippi Miracle,” the sobriquet for the extraordinary gains that students in the Gulf state have made in reading in recent years, is a misnomer.

There’s nothing miraculous about a state that adopts phonics and that sets high standards for its kids to get better results in reading instruction. This, to the contrary, is a predictable outcome, and a replicable one, as other Southern states that have taken up similar policies have shown.

Mississippi went from 49th in fourth-grade reading results on the National Assessment about a decade ago to 9th in 2024. Its low-income children are ranked first in the nation. It’s Black kids are number three in the nation and it’s Hispanic kids number one. Overall, when adjusted for socioeconomic and demographics, Mississippi has the best fourth-grade results in the nation.

The derisive cliché was always, “Thank God for Mississippi,” since it could be trusted to save other states from coming in 50th in various metrics. Now, the phrase can be used with sincerity and admiration, since the state recognized and did something about its literacy crisis.

In 2011, about four out

of five fourth graders in Mississippi weren’t proficient in reading. In 2013, the state passed a reform to require teachers to understand the science of reading (basically, phonics), to deploy literacy coaches to schools, to identify students struggling to read early, and to hold back students in third grade who weren’t ready to advance.

Alabama, Tennessee and Louisiana have now done much the same, and have also made gains. The original source of all this was a 2002 reading law in Florida that boosted student achievement in the Sunshine State.

In a piece headlined “Illiteracy is a policy choice” at the website The Argument, Kelsey Piper makes the case that it would be irresponsible and wrong to ignore the lesson of Mississippi and the Southern states.

She notes that Mississippi outperforms her native California, even though the Golden State is richer and spends substantially more on education per pupil. More than half of Black fourth graders in Mississippi are at or above basic level, while only 28% of Black fourth graders in California are.

It may be galling for Blue States that have prided themselves on their commitment to education and looked down on the South to have to acknowledge that Mississippi, of all places, has figured out a model for the nation, but it is imperative all the same.

“We have been spending lots of money on schools,” Piper writes of Blue States, “but we have not been willing to muster the polit-

ical will and effort necessary to hold those schools accountable for results and adopt teaching practices that actually work.”

The so-called reading wars between the whole-language approach and phonics was won, on the merits, by phonics long ago. Yet, ineffectual methods hung around even though they’d been discredited. This is why it’s so important to get teachers to embrace research-based reading instruction.

There must also be high expectations, rigorously enforced. This is what the Mississippi third-grade retention policy is about. If a teacher and a parent know that a child is going to be held back, they will do all they can to get that child to basic proficiency. Research in Florida shows that getting held back not only helps the academic performance of the students who are retained, but their younger siblings as well.

With reading scores nationally sliding the wrong way, especially for the bottom 10% of students, Mississippi and the other Southern states offer a beacon of hope. Their example shows that, no, it’s not impossible to teach children, and no, it’s not very costly. It’s a good sign that even California just passed a phonics bill.

It’s fully within our power, so long as we insist on the basics, to give kids a skill absolutely essential to their development and their futures. No miracles necessary.

Rich Lowry is editor of the National Review.
(c) 2025 by King Features Synd., Inc. ★

**WE SUPPORT FIRST RESPONDERS**

Brighten a Senior’s Day

Volunteer with Meals on Wheels Sacramento County

We need compassionate volunteers to deliver meals, support our community cafes, or help with clerical tasks. Your kindness helps our elderly neighbors maintain independence and dignity through improved nutrition.

For more information and to sign up, visit mowsac.org or call (916) 444-9533.

Be the reason someone smiles today.

Volunteer with us and make a heartfelt difference.

**MEALS on WHEELS**
SACRAMENTO COUNTY

SacRT Launches Transit Connect

Sacramento Regional Transit News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) recently launched the Transit Connect app, a new regional fare payment system that gives riders a faster, easier and more flexible way to pay for transit.

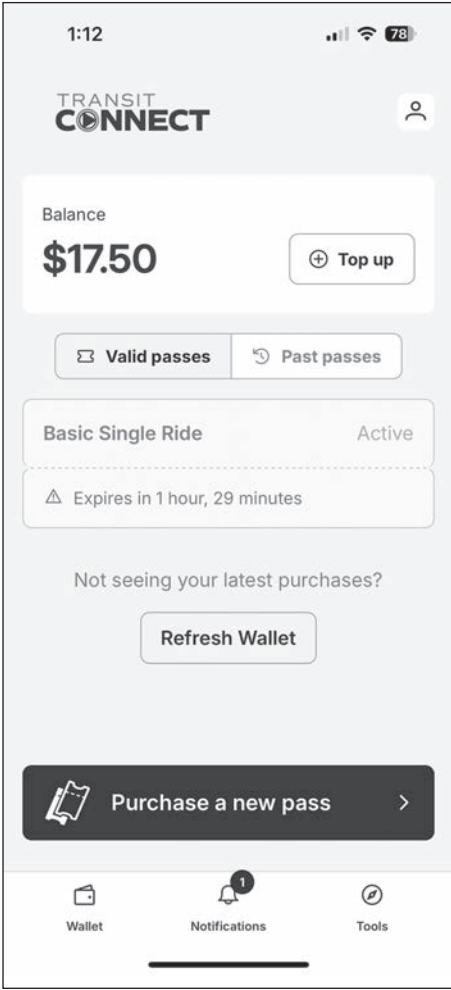
Riders can purchase and activate tickets anytime, using their smartphone’s Transit Connect app, eliminating the need for cash, paper tickets and ticket machines.

Transit Connect’s first phase launches with SacRT’s full-fare mobile ticketing only. Discount fare options and YoloBus fare products are scheduled to be added in early November. This first phase introduces mobile ticketing, along with rider-friendly features such as stored value wallet to load funds directly in the app and group ticketing to purchase multiple fares at once.

Future upgrades will expand the Transit Connect app to include additional transit partner integrations and add exciting new features, such as scan-to-pay for faster boarding, fare capping so you don’t pay more than the daily max and the ability to load cash at fare vending machines and convenience stores.

“SacRT is proud to launch the Transit Connect app, which will make it easier than ever for people to travel throughout the Sacramento region,” said SacRT General Manager/CEO Henry Li. “Our riders deserve a seamless, modern experience that makes it easier to connect to the entire region, and the Transit Connect app provides exactly that.”

Powered by Masabi, a global leader in mobile fare payment solutions, the Transit Connect app lays the groundwork for a seamless and unified transit payment system for the Sacramento region.



The Transit Connect app lays the groundwork for a seamless and unified transit payment system for the Sacramento region. Image courtesy of Sacramento Regional Transit

For riders currently using Connect Card (including state workers), full integration is expected as part of phase two in 2026.

The Transit Connect app is available for download in the App Store and Google Play.

For more information, visit sacrt.com/transitconnect. ★

Concealed Weapons Carry

Two-Day Class and 8-Hour Renewal Course
Offered by DOJ-Certified Instructor
Private Classes Available. Call for Information

Steven Caballero
CCW DOJ C.I. No. 322
916-747-9222



Need to Advertise?
Let Linda help you get the word out

(916) 619.8189(O) (916) 524.9184(C)

lindapohl2@gmail.com

Arden • Carmichael • East Sacramento
Land Park • Pocket

LOCAL ARREST RECORDS

Find out what's
happening in
your local area

Arrest Logs
updated daily

POCKETSACNEWS.COM

CALL A PROFESSIONAL

LYTLE
CONSTRUCTION INC.
Remodeling and Design
LIC# 480492
Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

Fall Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- PRESSURE WASHING

Pressure wash your driveways clean! Your decks, too!
Clean out your garage! Replace that old lawn!
Hard work—not a problem!
SPECIALS FOR SENIORS*/SERVING THE AREA SINCE 1996*

Call LESTER
(916) 838-1247
Lic#128758/Ref

SMOOT LANDSCAPING

- Drought tolerant landscape
- Low voltage lighting
- Garden renovations
- Concrete and stone
- Consultations available

Celebrating 45 years
916.454.1300
www.SmootLandscaping.com • Contractor License #633224

ROONEY’S PLUMBING
FULL SERVICE PLUMBING
916-456-7777
rooneysplumbingco.com

Licence #683668

Prime Quality Maintenance

- **GUTTER CLEANING**
- **Window Cleaning**
(inside/out/screens washed)
- **Pressure Washing**
(all surface areas)
- **Junk Removal/Hauling**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured

CSL# 996271

Call or Text Jesse: 916 417-4231

CAPITOL ELECTRIC
Reasonable Residential & Commercial Work since 1960
Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie’s List
(916) 213-3740
Neil McIntire — C.S.L.# 394307

**RESTORE YOUR FLOOR
HARDWOOD FLOORING**
Revive • Restore • Refinish
Hardwood, Laminate, and Vinyl

- **Sand & Finish**
- **Repairs**
- **New Installations**
- **Recoating**

New Installation & Repairs
Family Tradition Since 1957
Lic. #794448
sacramentohardwood.com
1.800.725.3320 916.342.6596

**AFFORDABLE TRENCHLESS
& PIPE LINING**
Install a Water/Electric
line under your
existing driveway!
SEWER PROBLEMS? WATCH OUR VIDEO.
www.ydig.com
We're #1 in the #2 business
Off (916) 488-1215 Lic #754886

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
Call to place your
legal advertising
916-773-1111
All Legal Ads Published by Messenger Publishing Group

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Co2 & Smoke Alarms - Light Bulb Replacement - Door Bells
Grab Bar Instalations - Security Doors - Sprinkler Repair & New Valves
Carpentry Electrical - Plumbing - Sheetrock - Ceiling Fan Installation
Fix leaks of all types
Accepts All Major Credit Cards “Senior Discount”
NO JOB TOO SMALL! Call Eric (916) 470-3488

**Visit our
website for
more news!**

**Call (916) 773-1111
to advertise with us today!**
 Messenger Publishing Group

Pocket News

Employment Opportunities

Delivery Driver Routes in Pocket

We have two delivery driver routes open for newsstand and home delivery within the Pocket area. Delivery would include taking newspapers into local stores, restaurants and newsstands. It would also include a small area of home delivery within the same route. Each route is designed to take about 3 to 4 hours. Delivery is twice a month on Thursdays between 11 and 3 and must be completed on Thursday. This is an independent contractor position. You must have a current California Drivers License, proof of insurance for the State of California, and a reliable vehicle. Previous newspaper delivery experience a plus. Routes are open now. To apply, email Publisher@MPG8.com.

**Publisher,
Paul V. Scholl**

Pocket News is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email to:
Publisher@mpg8.com.
Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at (916) 773-1111.

Pocket News
Serving Pocket and Sacramento County since 1993

It is the intent of the *Pocket News* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Pocket News* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Pocket News* are copyrighted. Ownership of all advertising created and/or composed by the MPG is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *Pocket News*, 2508 Garfield Ave. Suite A, Carmichael, CA 95608.

The *Pocket News* is published twice a month. Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.

Lost, Found and Returned

Local Kayaker behind ‘American River Lost & Found’

By Idaly Valencia

SACRAMENTO, CA (MPG) - Going to the river to beat the heat is a summer-time tradition for many Sacramento-area residents. Whether rafting, canoeing or swimming, local waterways attract crowds looking to have a fun way to cool off.

But losing a wallet, phone or any personal belonging to the river can quickly end the fun.

For Sacramento native Karl Bly, recovering those lost items has become a mission that is part compassion, part hobby. He takes requests from individuals searching for belongings and posts daily online in hopes of reuniting items to the owners.

“It’s such a fun addiction to find things out in the river, and then it just adds so much more when you continue to search and find the owners,” Bly said. “It’s a whole new level of adventure.”

Bly’s connection to the American River goes back to 1972, when his family moved to Carmichael. He was 5 years old, Bly said, when he started kayaking and snorkeling.

“My dad would get our whole family out on the river,” Bly said. “He would go scuba diving in the river looking for things and I would follow his air bubbles around in a canoe.”

At 10, Bly found a pair of cut-off shorts with a wallet and a California Highway Patrol badge inside.

“I still remember his

name, Blaine Pectol,” Bly recalled.

Without social media, Bly relied on the yellow pages to track down the officer. After a few calls, Bly reached the right family.

“It was exciting for me to go through that whole process as a young kid and ultimately returning a wallet to a CHP officer made me feel I was? an important part of the community,” Bly said.

From then on, Bly said, he made it a point to return anything with a name attached that he found while diving. Social media starting in the what year or so initially gave Bly a way to share discoveries with friends but his reputation for finding lost items quickly grew.

One day, friends alerted him to a lost kayak posted in a community group. The next morning, Bly said, he went out and located it in just 10 minutes. That moment became the turning point for launching the American River Lost & Found Facebook page in 2018.

The page has since grown to more than 36,000 followers, with members actively helping reunite items by sharing posts and commenting.

The most common finds, Bly said, are sunglasses with hundreds, if not thousands, each year. Phones are the most valuable frequent recovery, with 178 phones returned so far in 2025.

Bly has also retrieved unusual items, such as



The sticker-covered water bottle, found in July 2024, was returned to its owner, who told Karl Bly of American River Lost & Found that it chronicled his relationship, marking trips he and his girlfriend had taken together. Photos courtesy of American River Lost & Found

three prosthetic legs.

“Social media is just invaluable to get something like that returned,” Bly said.

Some of Bly’s finds are more whimsical. A recent request led Bly to recover a lost mermaid tail, which he successfully returned to its owner.

But other items that seem ordinary often hold deep personal meaning, a part of Bly’s work that stands out to him.

He recalled returning a sticker-covered water bottle lost a year earlier. Each sticker represented a vacation spot, marking trips taken by the owner and his girlfriend, beginning with the one where the boyfriend first told her he loved her.

“Every place they went all over the world, they put these stickers on it; it was kind of a history of their relationship,” Bly said. “Little stories like that are so common. People thought their things were

gone forever, things very meaningful to them and not worth much to anyone else.”

Bly holds onto items that might take longer to claim but clothing left unclaimed after about a week is washed and donated.

Summer is Bly’s busiest season, when he receives daily requests. Most of his work is along the American River and Lake Natoma, where Bly has even had other local divers assist.

Outside of diving, Bly manages rental properties, which gives him more free time after a 20-year career in various entrepreneurial ventures. In his later years, Bly joked, he has been “flexing his time,” allowing him to dedicate more hours to the hobby.

For river-goers, Bly’s top tip is simple: “Number one, if you’re bringing something valuable in water, make sure it floats.” He also recommends phone protectors, securing bags in kayaks or canoes



One of Karl Bly’s more unique finds, a mermaid tail, was returned to its owner in August.

and straps for eyeglasses.

Bly documents his days on the river with photos and videos, focusing on wholesome or funny interactions for his social media page. But his work goes beyond returning lost items. He regularly picks up trash, helps stranded rafters and identifies safety hazards.

“Since I’m getting these messages daily during summer of where people are wiping out and losing their stuff, I also have kind of an overview of where the dangerous spots are,” Bly said.

About two years ago, Bly noticed a pipe crossing the river that was causing wipeouts. He posted about it online, and after a local news outlet published a story, the pipe was removed.

“Found out it was a decommissioned pipe. A few months later, I got a message from the lawyers saying, ‘We want to let you know that we will be

removing that pipe because of your activism,” Bly said.

At times, Bly’s work can take a more serious turn.

“I spend so much time on the river, I wind up helping people in one way, shape or form or another almost every time I’m out there,” Bly said. “I’ve been in those situations many, many times.”

Bly noted that he and other divers have assisted in recovery efforts for drowning victims.

“We’ve actually attached buoys to drowning victims in the river so the Sac Metro Fire Department can come in, pull up the buoy to the rope and continue recovery,” Bly said. “Since we know the river so well and know where all these little spots are, knowledge and skill come in handy sometimes when it’s needed.”

Visit the American River Lost & Found page at @ARKayaker on Facebook.

Local Classifieds

Advertise in your local community newspaper

Call 916-773-1111

Concrete

SONDROL CONCRETE
25+ years experience.
All types of finishes.
Patios, driveways, slabs
Walkways, Spa pads.
Tear out/
Replace Tractor work.
Written estimates.
Lic. # 778034
916-955-1083

Firewood

OAK FIREWOOD
\$330 delivered and stacked.
209-470-4541

Galt Yard Sales

9 a.m.-2 p.m. Fri.-Sun. Oct.
10-12, Three Palms Mobile
Home Estates, 604 Pringle
Ave. Clothes, jewelry, furniture,
plants, household items,
collectables, something for all.
Items added each day.

Home Improvement

ALL PHASE HOME REPAIR
Elk Grove, CA
•Electrical •Plumbing
•Fencing •Fans •Decks
•Doors •Windows •Tile
Flooring •Trim base
board •Sheetrock •Dry
Rot Texture •Painting
•Lighting •Concrete
•Sprinkler Repair
•Framing and more!
All phases of home
repair & any construction
needed- Big or small.
Quality work guaranteed!
Low prices- free
est.Serving Elk Grove,
Rancho Murieta, Galt,
Wilton, Herald, Sac. &
Surrounding Areas
CSLB#1134987
Bonded & Insured
(916)287-6164

Landscaping

CREATE YOUR PARADISE

**Winter Yard Cleanups,
Complete Landscape
Design/ Installation,
Sprinkler System
Installs/Repairs, All
Types Concrete Work,
Fence Installation,
Retaining Walls-
All Types, Drainage
Systems-all types,
Landscape Lighting,
Residential/ commercial**
**American Landscape Design
& Installation. Est 1987**
**American Construction & Property
Maintenance Company**
WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

BRILLIANT LANDSCAPE
Artificial Turf | Fencing
Retaining Wall | Concrete
Drainage | Irrigation
Planting | Tree Trimming
209-251-9387
LIC# 1108441

YARD CLEAN UP
Sod installation
Landscape installation
Lawnmowing services
Fence repair

Call for free estimate
916-271-7265

MPG

Automotive

Elk Grove Shell

**Your Local Full Service Auto Repair Shop
Committed to Customer Satisfaction**

Specializing In:
• Oil Changes
• Smog Repair
• Smog Inspection
• Safety Inspection
• Transmission Service
• Brakes
• Wheel Alignment

• Check Engine
Light Diagnosis
• Tires
• Tune-Up
• Batteries
• 30, 60, 90K Service
• Brake &
Lamp Station

Mon-Fri, 8-5 • 916-685-7796

8901 Elk Grove Blvd.

Roofing

JIM MOYLEN ROOFING

1981 License # 407605
A+ Rating with BBB.
Specialize in Re-Roof, Prompt Repairs,
Low Slope Roof, Seamless Gutter
Installation.

Free Estimates! Open Monday-Saturday
916-531-2793 Cell
Tile Repairs

Painting

Shelton Painting, Inc.

• Repaints: Exterior
& Interior
• Dry Wall Repair

Free Estimates
(209) 745-7897
3 Generations of Quality Painters
#908019

Roofing

ROUTT ROOFING
Specializing in
Res Roofing & Repairs
We Hand Nail for
Quality!
Free Estimates
916-423-1288 or
209-748-5588

Since 1975
Lic.#302302

Services Available

Driver with wheelchair accessible van available. Help with shopping or other activities.
Call George at 916-470-7169
6 am - 10 pm

Advertise in your local community newspaper

Call (916) 773-1111

Roofing

PREMIER ROOFING INC.
LIC# 1097848
• ROOF REPAIR
• ROOF MAINTENANCE
• COMPLETE RE-ROOF
• NEW ROOFS
• GUTTER CLEANING
CELL 209.810.6233
209.745.7565
1premierroofing@gmail.com

SACRAMENTO VALLEY ROOFING & GUTTERS
RESIDENTIAL & COMMERCIAL
• NEW ROOF INSTALL
• TEAR OFF & REROOF
• ROOF REPAIR
• OVERLAY ROOF INSTALL
• DRY ROT REPAIR
• SEAMLESS GUTTER INSTALL
• GUTTER REMOVAL & INSTALL
• GUTTER REPAIR
• GUTTER GUARD & INSTALL
• DOWNSPOUTS INSTALL
• CUSTOM COLORS

FREE ESTIMATES!
916-719-8288
RAMON M., FOREMAN/OPERATOR
LIC# 1072137

Tractor Work

MAC Industries DIRT WORK
•Excavations •Utility Trenching •Foundations-All types
•Laser Grading & Dozer work •Driveways •Building Pads •Drainage-All Types
•Field Mowing / Firebreaks •Flail •Bushhog
•Septic System Installation •Drilling •Foundations
•Post •Tree holes •Trenching •Irrigation
•Drainage •Rototilling •Disking
License #919198 & Insured
Michael- 916-747-9667 Bill- 916-869-1019

Construction Work

3DR CONCRETE
All your concrete needs.
Bobcat services, driveway repair. Comm & Res.
Lic # 968987 insured
(209)570-7304

MS Hauling
•Junk Removal
•Garage Cleanouts
•Yard Debris
•E-Waste
Mention this ad and receive 15% off!

Call (916)207-5702
License # 778034

Yard Sale?Garage Sale?
Advertise it in your local community newspaper
Call (916) 773-1111

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 – “Revolutionary Grain: Celebrating the Spirit of the Black Panthers in Portraits and Stories, through Dec. 14. This temporary exhibition features striking contemporary portraits and deeply personal stories of former members of the Black Panther Party. The exhibit portrays former Panthers as lawyers, social workers, teachers, and political activists who continue to

make a difference in their communities. “**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

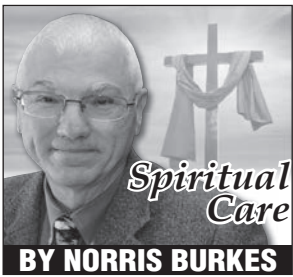
printmaking artists Stephanie Mercado, Daniel Villa, and Álvaro D. Márquez, whose altars will be centered around the topic of immigration. Details at californiamuseum.org. **California Automobile Museum** – Freewheelers Car Club hosts a car show full of vintage luxury from 10 a.m. to 2 p.m. Saturday, Oct. 11. The show will benefit the museum, helping to raise money for new placards that will expand the history and knowledge shared for 130+ classic cars. Car registrations are \$40 each, \$50 on the day of. 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 californiarailroadmuseum.org. **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, Nov. 8, Nov. 22. Details at sachistorymuseum.org. **Sacramento Fine Arts Center** – “Bold Expressions,” Sept. 30-Oct. 25. Hosted by Northern California Arts Inc., this international exhibit features a wide range of media and artists. This art makes a statement every year. Our galleries are free

and open to the public. Details at sacfinearts.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. ★

Thank You for Walking With Me



“Happy Birthday,” my wife sweetly whispered as we woke. “How does it feel?” Becky asked. “What? Being 68?” “No. How does it feel to be footloose and deadline free. Your newspapers just published your last column today.” “Feels like I just lost a lot of friends.” “Maybe not. Aren’t you going to stay in touch with readers through weekly email?” “I hope so,” I said. “Plus, some readers will be joining you on the Chispa volunteer trips next year.” She’s right. I’ve always felt that you, my readers, walked along side me. Even though anyone in earshot would think I was talking to myself, I was often talking to you. We began our conversations in 2002 as I left active-duty Air Force and restarted my hospital chaplain career. From that beginning, I feel we have been walking the hospital halls together. Those years were not easy ones for me, but I felt encouraged just knowing that you were listening. You responded with kindness and understanding as I recounted my ministry with pediatric cancer patients, premature babies, parents who lost children,

and children who lost parents. On other days, we found a moment to laugh together, chuckling over the military hat I lost in the toilet, over my unintentional theft of toilet paper, and my OCD that had me noting expired license plate stickers. And even though I employed the help of a freelance editor, you still corrected my spelling, my grammar, and my punctuation. You fact-checked my references to movies, songs, books, and ouch, even Bible verses. You prayed for me as I made death notifications for Iraq war KIAs. I felt like you followed me to Iraq as you sent hundreds of care packages to the service members serving with me at Joint Base Balad. You were there for my biggest losses — my mother-in-law to a stroke in 2011, my brother, Milton, to COVID in 2020, my best friend, Roger, in 2020 to cancer and my mother last year from natural causes. Still, through all that trauma, we managed to share a lot of fun the last 23 years as you read my column in over 50 papers — Alabama, Arkansas, California, Colorado, Florida, Indiana, Michigan, Missouri, Nevada, New York, Ohio, Pennsylvania, South Carolina, Tennessee, Virginia, Washington, Wisconsin, and even Ontario Canada. Readers in those states invited me to speak in their churches, schools, clubs and veteran events. They read my books, bought them, donated them to troops, and one

Florida church even commissioned me to write one. Along the way, I snagged a few awards from the Amy Foundation, the National Society of Newspaper Columnists and the Religion Newswriters Association, BUT, I’m forever most proud of the award you gave me. I say, “You” because it was solely your response to Chispa Project that sent me to New York in 2019 to receive the Will Rogers Humanitarian Award “... for positively affecting readers’ lives and producing tangible humanitarian benefits.” Now this last column is your recognition for positively influencing my life! But alas, I won’t stop writing entirely. I’ll still appear weekly in the two newspapers closest to my home, The Union in Grass Valley, Calif., and the Auburn Journal of Auburn, Calif. Of course, I’ll share these columns with everyone who signs up for my email list. So, don’t lose touch. Get my weekly muse by sending an email to comment@thechaplain.net. Or sign yourself up at www.thechaplain.net/newsletter. Remember to spell chaplain correctly, not chaplin. We’ve talked about this. Finally, please continue to support Chispa Project either by donating or volunteering for a trip in 2026 as they get ready for the next Honduran school year. Find info at chispa-project.org. All of my books can still be ordered on Amazon. Autographed copies can be obtained on my website www.thechaplain.net ★



SEASON 30
FALL 2025



Stained Glass Concert

October 25 | 7:30pm

Fremont Presbyterian Church: 5770 Carlson Dr, Sacramento, CA

VIVALDI
Gloria

MOZART
Regina Coeli

JAMES WHITBOURN
Requiem Cantorum
and Lux in Tenebris



Chris Mackey
Baritone



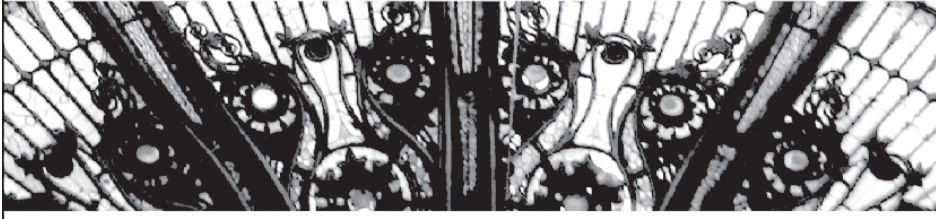
Rachael Davis
Soprano



Sarah Sy
Soprano

Donald Kendrick, Conductor
Dr. Ryan Enright, Organist
Russell Veirs, Concert Saxophonist

For more information & tickets: sacramentochoral.org



SAVE THE DATE

HOME FOR THE HOLIDAYS
Saturday, December 13 | 3:00pm
Memorial Auditorium
SAFE CU PAC Box Office 916-808-5181



23RD SEASON PREMIERE CONCERT



Summon the Heroes

DR. MATTHEW MORSE, MUSIC & ARTISTIC DIRECTOR

Featuring
The Incredibles by Michael Giacchino
Finlandia by Jean Sibelius
and
John Williams' Summon the Heroes



Sunday, October 19, 2025
2:30 pm
Tickets at the door:
\$15 general admission
\$10 students

California State University, Sacramento
Capistrano Concert Hall
6000 J Street
Free parking in Structure 1

www.sacwinds.org * Facebook * Instagram

Community Worship

River’s Edge Church

6449 Riverside Blvd. • 391-9845
Sunday Worship: 10:00am
www.recsac.org

Saint Anthony Parish

660 Florin Road • 428-5678

Sunday Masses: 8:30 and 10:30 a.m. and Saturday Vigil 5:00 pm
Daily Mass: 8:00 a.m Monday through Friday • www.stasac.org

Greenhaven Lutheran Church

475 Florin Road (across from Kennedy High School) • 428-8449
Bible Study & Sunday School 9:00 a.m.
Worship 10:15 a.m.
www.greenhavenlutheran.org



Thank A Veteran Today



From Closure to Community

Little Redwoods School Opens Downtown

By Ena Lupine
Little Redwoods School

SACRAMENTO REGION, CA (MPG) - Last spring, the daycare located in the California Environmental Protection Agency (CalEPA) building abruptly closed, leaving dozens of families scrambling for childcare: a nightmare situation for any working parent. Finding local childcare is no easy feat in a region already facing high unmet childcare needs, with many local daycare centers maintaining months-long waitlists. Many in this situation would have scattered to find care wherever they could, but a tenacious group of parents was determined to rebuild the daycare community from the ground up. They banded together to launch a nonprofit, parent-led collaborative daycare called Little Redwoods School by James Marshall Parent Nursery School (JMPNS) in the newly vacant downtown space, which opened its doors in early September. Parent board chair Megan Nevin said, “We felt it was important to continue offering quality childcare in Sacramento especially given how difficult it can be to find care here, and we wanted to build a daycare center that prioritizes community, fair teacher compensation and meaningful caregiver

involvement in children’s education.” After long volunteer hours spent developing every aspect of the new school, Little Redwoods School officially opened its doors on Sept. 2. The parent board partnered with the well-established cooperative preschool James Marshall Parent Nursery School (JMPNS) to help develop a new concept for the school that would emphasize financial transparency and parent engagement. The on-site director and the teachers from the previous daycare were also excited to join the staff of the new care center. “It really meant a lot to us to bring back so many of the amazing teachers and our On-Site Director Jen Ortiz from the previous school, and we couldn’t have done this without the support of those teachers and of James Marshall Parent Nursery School. It’s been a huge collective effort to create this school over the past few months, but after so many late nights and weekends, it’s very satisfying to see the community that’s come together and to see how excited our kids are to go to daycare every morning,” said Ira Tarshis, the parent board vice chair. Little Redwoods School by James Marshall Parent Nursery School is committed to a child-centered approach grounded in the principles of diversity,



Little Redwoods School facilitates learning through hands-on play. Photos courtesy of Jen Ortiz



Children play in Little Redwoods School’s large outdoor area.

equity, family engagement and community building. For the children in our care, this means fostering resilience, nurturing meaningful connections, encouraging a sense of responsibility and promoting overall well-being. For families, we strive to build a culture of transparency, safety and integrity through open and collaborative communication. Executive Director Erin

Hinton said, “I have 17 years of experience with collaborative childcare at James Marshall Parent, which was established in 1954 and has been a pillar of the community in West Sacramento ever since. I’ve seen firsthand, both as a teacher and a participating parent, how this cooperative model of care and education is a reflection of what research has proven time and again:

that when families are involved, children thrive.” Jen Ortiz, the school’s on-site director, said, “Raising resilient, deeply connected children begins with modeling it as a community. What we’ve built here reflects what I hope every child learns: that even in challenges, we can choose joy and meaning when we lean on those who care for us. I’m honored to be part of a community that values each person’s unique strengths and creates a true sense of belonging. “I wake up every day excited to laugh, play and connect with the children, families and teachers I love,” continued Ortiz. Little Redwoods School by James Marshall Parent Nursery School is located in the California

Environmental Protection Agency building in downtown Sacramento and offers full and part-time care to children from three months to five years old. The school is currently enrolling preschoolers and accepting waitlist submissions for infants and toddlers. Located at 1001 I St. in Sacramento, the school also offers discounted rates for state employees. The Little Redwoods School is hosting a fall festival on Saturday, Oct. 18, from 10 a.m. to noon at Southside Park. The fall festival will feature fun activities for kids, including pumpkin painting, games, costume dress up, arts and crafts and more. For more information, visit littleredwoodsschool.org. ★

Fourth-Grade Families Can Visit 54 State Parks for Free

California State Parks
News Release

STATE OF CALIFORNIA (MPG) - Families of fourth-graders in California public schools are invited to download the free California State Park Adventure Pass at parks.ca.gov/AdventurePass. The pass opens the door to California’s stunning natural landscapes and rich cultural heritage, granting students and their families a year of free entry to 54 state parks full of sandy beaches and desert canyons, majestic redwood forests and eye-opening historic sites. Championed by First Partner Jennifer Siebel Newsom, whose California for All Kids initiatives support children’s physical, mental and social-emotional well-being, and the Newsom Administration’s Outdoors for All initiative, the California State Park Adventure Pass expands the opportunity for fourth-graders and their families to enjoy the benefits of connecting with nature, each other and their communities. The pass for this school year’s fourth graders is valid until Aug. 31, 2026. To date, more than 89,000 passes have opened new doors and fostered a love of state parks for California fourth-graders. “As a mom, I know how much time in nature shapes a child’s health, happiness and love for the outdoors,” Siebel Newsom said. “The California State Park Adventure Pass has opened the door for more kids and families to experience the joy and benefits of our beautiful state parks. I encourage all public school fourth-graders and their families to take advantage of this opportunity and to explore all the incredible natural treasures California has to offer.” Said State Parks Director Armando Quintero,



Let the adventures begin. California State Parks and First Partner invite fourth-graders and their families to experience the state’s unmatched beauty and history for free. It’s easy for Sonoma State Historical Park visitors to picture life here in the 1800s. The historic old town of Sonoma comes alive at the state park. Sonoma State Historical Park is an easy drive from this area. Photo courtesy of California State Parks, 2025

“California’s state parks are true wonders of nature and human history. The Adventure Pass is an invitation to fourth-graders and their families to discover the world of California. It’s your home.” And California Natural Resources Agency Secretary Wade Crowfoot said, “California’s natural treasures belong to all of us. By opening our parks to public school fourth-graders at no cost, we’re investing in healthier kids, stronger communities and the next generation of stewards who will care for the Golden State’s wealth of natural and cultural resources.” Obtaining a free California State Park Adventure Pass online is easy. Parents and/or guardians can go online to reservecalifornia.com or call 800-444-7275 (Spanish-speaking customer service available). If they don’t already have a ReserveCalifornia

account, they can set up a profile by providing their name, address, phone number and email address. After completing the form, the free pass will be immediately sent to their email to be used at the 54 participating parks. Individuals without access to a smartphone, computer, printer and/or email address can request a pass by visiting a State Parks Pass Sales Office or by calling 800-444-7275. What are some of the picturesque state parks that fourth-graders and their families can visit? Two parks within a few hours’ drive from home include the Empire Mine State Historic Park and the Sonoma State Historic Park. Empire Mine State Historic Park is the site of one of the oldest, deepest and richest gold mines in California. The park is at 10791 East Empire St., Grass Valley. In operation for more than 100 years, the mine

extracted 5.8-million ounces of gold before it closed in 1956. The park contains many of the mine’s buildings, the owner’s home and restored gardens, and the entrance to 367 miles of abandoned and flooded mine shafts. The park encompasses 856 acres of forested backcountry and 14 miles of trails, including easy hikes for hiking, mountain biking and horseback riding. Sonoma State Historic Park is a scattering of historical sites consisting of six midtown locations near Sonoma’s Plaza. Off the Sonoma Plaza are Mission San Francisco Solano, the Blue Wing Inn, Sonoma Barracks, the Toscano Hotel & Kitchen, and the Servants Quarters (the remains of La Casa Grande). General Vallejo’s Home, less than a mile west of the Plaza, was the estate of General Mariano Guadalupe Vallejo, Military Commander and Director of Colonization of the Northern Frontier and founder

of Pueblo de Sonoma. The park’s main office address is at 363 3rd St. West, Sonoma, Closer to home are the California State Railroad Museum, Leland Stanford Mansion State Historic Park, State Indian Museum State Historic Park and Sutter’s Fort State Historic Park in Sacramento. Find all 54 participating parks at parks.ca.gov. Made possible by Assembly Bill 148, the California State Park Adventure Pass program was signed by Governor Gavin Newsom in July 2021. The pass is valid for the one-year period during which the child is a fourth-grader or fourth-grade equivalent and attends a public school, from Sept. 1 to Aug. 31 of that year. The pass is also a good educational tool for California fourth-grade teachers, who can encourage students to extend their classroom learning into state parks and explore these living classrooms. In addition to the California State Park Adventure Pass, all Californians can check out a California State Parks Library Pass by using their library cards to access more than 200 participating state park units. Families receiving California Work Opportunity and Responsibility for Kids (CalWORKs), individuals receiving Supplemental Security Income (SSI) and income-eligible Californians 62 and over can apply for the Golden Bear Pass with their smartphone or other web-based device and have access to more than 200 California state park units. The Golden Bear Pass is also available to participants of California’s Tribal Temporary Assistance for Needy Families (TANF) program. For more information on all three State Park Pass programs, visit parks.ca.gov/OutdoorsForAll. ★

Falling into Fun

Continued from page 1
on the historic Bastiao Farm. It is open now through Nov. 2 and features a mining town, pick-your-own pumpkins, hayrides, haunted attractions, a corn maze and its famous Pumpkin and Corn Cannon.

Weekday general admission costs \$12 and weekend admission is \$14. VIP tickets are \$24, which covers unlimited train rides, Cow Cruiser rides and access to the giant slide. More information is at nickandrayspumpkinpatch.com.



Autumn has arrived in the “City of Trees,” wrapping the region in golden, fall colors. Throughout October, the region comes alive with pumpkin patches, harvest festivals and Halloween celebrations. Photo courtesy of Old Sacramento Waterfront

adults, \$62 for youth ages 3 to 12 and \$12 for children 2 and under. Book at riverfoxtrain.com/experiences/yolo-explorer.

Día de los Muertos Fiesta

The California Museum will celebrate Día de los Muertos from 6 to 10 p.m. Saturday, Oct. 11, marking the opening of its exhibit, “Recuerdos Ilustrados: Día de los Muertos 2025.” The event honors the Mexican tradition of remembering loved ones with sugar skulls, altars and offerings.

Festivities include a performance by Aztec dancers, live music by salsa band Conjunto Liberación, sugar skull workshops (advance registration required), food and drinks, hands-on activities, face painting for youth and pop-up shops.

General admission for adults is \$14.64, not



The California Museum, located at 1020 O St., will celebrate Día de los Muertos from 6 to 10 p.m. Saturday, Oct. 11, marking the opening of its exhibit, “Recuerdos Ilustrados: Día de los Muertos 2025.” Photo courtesy of California Museum

including tax, and admission is free for children 2 and under. Reserve spots at Fiesta25.eventbrite.com. The museum is at Archives Plaza, 1020 O St.

Trunk or Treat

The California Automobile Museum, 2200 Front St., invites families to Trunk or Treat from 10 a.m. to 2 p.m. Saturday,

Oct. 25. Enjoy trick-or-treating, classic cars, seasonal snacks, museum exploration and a haunted house.

Admission is \$5 for ages 6 and up and free for children 5 and under. Museum entry and all you-can-eat candy are included; it is advised for attendees to bring their own trick-or-treat bags. More



Movies Under the Stars returns to the Old Sacramento Waterfront with family-friendly films on Thursdays and classic favorites for adults on Fridays at Old Sacramento State Historic Park, 111 I St. Photo courtesy of Old Sacramento Waterfront

information is available at calautomuseum.org/trunkortreat2025.

Old Sacramento Waterfront

Enjoy Halloween all month long at the Old Sacramento Waterfront, where pumpkins, costumes and fall fun await visitors of all ages.

Movies Under the Stars returns with family-friendly films on Thursdays and classic favorites for adults on Fridays at Old Sacramento State Historic Park. Highlights include a “Coco” screening, featuring Día de los Muertos items for sale from Sol Collective and the Sacramento Hispanic Chamber; and an opportunity to meet the 916 Ghostbusters before the “Ghostbusters” showing.

Other seasonal activities at the waterfront include \$3 hayrides from Top Hand Ranch from 1 to 6 p.m. Oct. 12, Oct. 19 and Oct. 25 at Waterfront Park; a scarecrow contest featuring

18 creative displays from local businesses; and harvest specials from restaurants and shops with a self-guided food and desert tour.

Ghost Tours in Old Town

Visitors can also enjoy the popular Underground Tours hosted by the Sacramento History Museum all month, a Paranormal Investigation of the Medical Museum on Thursdays at 7 p.m. Oct. 16 and Oct. 23, and a special Halloween After Hours Underground Tour at 6 p.m. Oct. 30. Ghost Tours take place Fridays, Oct. 10 and Oct. 24, and Saturdays, Oct. 11 and Oct. 25. More details are at sachistorymuseum.org.

The Sacramento Spooky River Cruise runs Oct. 17 to Oct. 31 aboard a festively decorated Capitol Hornblower, featuring spooky legends and haunting history along the river. More information on all events is available at OldSacramento.com. ★



SOL AUREUS
COLLEGE PREPARATORY

TK-8th GRADE



PREPARATION RESPECT RESPONSIBILITY COMMUNITY EXCELLENCE

2025-2026

Open Enrollment!

Now Enrolling

Transitional Kindergarten-8th Grade Students

For more information please contact our front office.
(916) 421-0600 | information@sacprep.org | www.sacprep.org
6620 Gloria Drive, Sacramento, Ca 95831



TURN-KEY
LENDING & REALTY

TKLendingRealty.com

Michael Lee and the Turn-Key team have the knowledge and expertise to help you and your family with all of your real estate needs. Broker | Lic. 01726405

Real Estate Mike

888-505-8554

MikeLeeLoans@gmail.com

TRUSTED • RELIABLE • PROVEN • EXPERIENCED



Single Again

Make the rest of your life the best of your life!

Are You Single Again?

SingleAgain.com is a website dedicated to helping people put their lives back together again after divorce, separation or the loss of their spouse.

Finding yourself single after years of being in a relationship can add a different kind of unknown stress to your daily life.

We provide articles and information from many sources to help you put all the pieces together so you can live a healthy and loving new life. When you first visit the website, be sure to make us one of your favorites. We publish many articles to help you along your new journey.



Single Again

SingleAgain.com

- Dating & Relationships
- Counseling & Advice
- Money & Finances
- Health
- Fashion & Beauty
- Consumer News
- Food & Recipes
- Travel
- Lifestyle
- Parenting

Visit SingleAgain.com today, get back out there and have some fun!

