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NOVEMBER 7, 2025

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AND SCORING A MUST**



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*Veterans
Day Area
Events
Highlighted*

By MPG Staff

SACRAMENTO, CA (MPG) - Once a year, the nation pauses to honor and recognize the sacrifices of those who have served to protect the United States. Veterans Day, observed annually on Nov. 11, marks the armistice that ended World War I in 1918 at the "11th hour of the 11th day of the 11th month."

Home to California's Capitol, the Sacramento region flies its flags high for this important federal holiday by hosting events for veteran residents and their families. Several organizations are also paying their respects through free or discounted activities offering special opportunities for active-duty service members and veterans.

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The California Automobile Museum will offer free admission to veterans and active-duty service members Monday, Nov. 10, during its regular hours from 10 a.m. to 5 p.m. at 2200 Front St. Photo courtesy of California Automobile Museum

Tunnel to Towers Races Through Land Park



Firefighters participated in last year's Tunnel to Towers race. Photo courtesy of Tunnel to Towers Foundation

By Abbey Wicks

SACRAMENTO REGION, CA (MPG) - On Nov. 1, about 300 participants ran in Tunnel to Towers Foundation's fifth annual 5k Run & Walk in William Land Park.

The race series, which takes place each year in cities across the United States including New York City and Fort Worth, raises funds and awareness for the Tunnel to Towers Foundation, whose mission is to honor the sacrifice of New York City firefighter and father Stephen Siller who gave up his life to save others in the Sept. 11, 2001 attacks. Tunnel to Towers provides mortgage-free homes to Gold Star and fallen first responder families with young children.

In recent years, the foundation has expanded beyond helping families impacted by 9/11, to all first responder and military families with young children.

Michele Schroeder, Sacramento's Tunnel to Towers race director, directed the Sacramento race for the second year after stepping into the role last year.

Schroeder said she and the rest of the volunteer team, including her husband, fire captain Matt Schroeder, were hesitant at first to take on the responsibility after the previous director stepped down.

"(We felt like) we don't know what we're doing," Schroeder said.

After three phone calls from the previous director, Schroeder accepted the position as race director, with just nine weeks to spare before last year's Sacramento race.

A full year of planning and preparation went into this year's event. Tunnel to Towers partnered

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See Art, Make Art

Crocker Art Museum Hosts Specially Curated Homeschool Day

Story and photos
by Seth Henderson

SACRAMENTO, CA (MPG) - For more than 10 years, the Crocker Art Museum has offered an event designed particularly for homeschooled students and parents, known as Homeschool Day, and tens of guests visited the museum on Oct. 16 to spectate as well as create their own art.

The museum's director of marketing and communications, Kat Haro, said that each event is tied to a theme, with this session featuring the Black Artists in America exhibit. She said that guests can experience the exhibits through guided tours with docents or explore the more than 150,000 square feet of museum space.

Homeschool Day is one of the museum's 350



Guests make their own art during Homeschool Day at the Crocker Art Museum on Oct. 16 in Sacramento.

public programs, Haro said, allowing students to experience the museum during a drop-in session from noon to 2 p.m. for \$5 per person.

A 50-year-old mother

from Roseville, Kristine Revell, said that she brought one of her three boys, 9-year-old Roubaix Revell, because he is artistically inclined and Roubaix was excited to

create art at the interactive exhibits. Kristine Revell said that all three of her boys are autistic and that Roubaix looks at the world differently than most

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Sound Business Summit Offers Free Workshops

Department of Sound News Release

SACRAMENTO REGION, CA (MPG) - Department of Sound, a creative economy initiative supported by the City of Sacramento's Office of Arts and Culture, will host its inaugural Sound Business Summit, a weeklong series of six free workshops taking place Nov. 10 to Nov. 15.

The summit will include sessions such as "Making Money with Music," led by author and industry expert Randy Chertkow. The summit's primary goal is to provide aspiring local musicians of any genre with practical knowledge and key connections that

will result in measurable and meaningful economic outcomes.

Each night will offer an identical curriculum highlighted by Chertkow, a musician, journalist, public speaker, instructor and author of the book, "Making Money with Music." Participants will also receive year-long access to the Making Money with Music course on the CCE Learning Hub at ccelearn.org.

"Sacramento is home to an extraordinary number of working artists. It's time we back them to thrive," said J. Hamilton Hodgson, Department of Sound co-founder and CEO. "With the inaugural Sound

Business Summit, we're focusing on artists 'on the cusp' and giving them practical tools around royalties, licensing, live-show strategy, merch and more so their creative businesses can grow. This reflects Department of Sound's mission to make music education and opportunity accessible for our community because when artists are supported, it strengthens the cultural fabric of our city and keeps creative dollars here at home."

Artists 18 years or older who reside in the City of Sacramento are eligible and encouraged to apply at deptofsound.org/summit (choose all dates you can attend). Space is limited



Department of Sound, a creative economy initiative supported by the City of Sacramento's Office of Arts and Culture, is hosted at Shattered Records in Midtown. This November, the initiative is hosting a free summit for aspiring musicians in the region. Photo courtesy of Department of Sound

to 18 attendees per session and a waitlist will be offered, if needed.

The Sound Business Summit's free workshops will be hosted at Shattered Records (2010 Alhambra Blvd.) in Midtown. For more information about the Sound Business Summit or Department of Sound, visit

deptofsound.org.

Founded in 2018, Department of Sound is a Sacramento nonprofit organization that uses music production and podcasting to improve youth well-being and grow the region's creative economy. Powered by community and a shared love of music, Department

of Sound is built on the premise that every young person deserves to be heard and to feel whole. Offering programs and events that are always free, Department of Sound is hosted at Shattered Records. More information is available at deptofsound.org. ★



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Tunnel to Towers Races Through Land Park

Continued from page 1

with Capitol Road Race Management to time the event, drawing more dedicated runners, as well as families and kids being pushed in strollers.

“It’s sort of a combination event,” said Schroder, due to the variety of running experience and race day goals of participants.

The event brought out Sacramento County Sheriff Jim Cooper, City of Sacramento Fire Chief Chris Costamagna Sacramento Mayor Kevin McCarty and Sacramento Area Senior Fire Chaplain Kevin Snider.

Adam Maciel, a Sacramento city firefighter, served as DJ for the morning as participants checked out booths for the California Highway Patrol, Sacramento Police Department, Firefighters Burn Institute, Rally Point Foundation and Capitol Road Race, who timed the event.

Sacramento Firefighters Pipes and Drums and the C.K. McClatchy High School ROTC Color Guard presented and performed the national anthem during the opening ceremony.

Schroder’s father-in law, retired Sacramento City Fire Chief Don Schroeder was the creator behind an honor wall honoring all first responder victims of the 9/11 attacks.

The honor wall was placed in Land Park for participants to view at the Saturday event. Prior to lining up at the start line, participants were able to choose a fallen first responder to pin to their badge and run in honor of.

Amber Saks, a 2022 Gold Star recipient, reflected on the impact Tunnel to Towers made in her life and the lives of her two daughters when husband and father Marine Captain John Sax passed away in an aviation accident.

“When I had the chance to meet Tunnel to Towers



Race participants took off at the start line at the Tunnel to Towers 5k in Land Park. Photo by Abbey Wicks



Participants took off at the start line at the Tunnel to Towers 5k in Land Park. Photo by Abbey Wicks

CEO [Frank Siller], he remembered my name and the names of my daughters, he remembered John’s story,” Saks said.

This year, Tunnel to Towers awarded nine local Sacramento first responders or military with mortgage-free homes. ★



The honor wall set up at last year’s Tunnel to Towers 5k Run and Walk. Photo courtesy of Tunnel to Towers Foundation

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LAND PARK

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

LAND PARK

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Teresa Olson
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See Art, Make Art

Continued from Page 1

people, saying he is quite communicative.

“(Roubaix) is very passionate about drawing and artwork and expressing himself through different mediums,” Kristine Revell said.

Guests were given a map of the museum’s three levels, correlating with an exhibit or activity to experience. As students made their way through the exhibit, they were encouraged to think about how they might express their life’s story through art. The three levels took patrons through collages, art stations, “Tot Land,” and other exhibits featuring the

Black Artists in America theme.

“I definitely want to go to where you can make your own (art) and get involved with creating your own medium,” Kristine Revell said. “So, I think that’s where he’s going to be really excited. He’s super excited about today.”

Julie Powell, the coordinator of strategic initiatives at Horizon Charter School said that Homeschool Days provide opportunities for students who are unhoused or facing other financial challenges that make it difficult to attend field trips.

Homeschooling can be isolating, Powell said, but allowing students to

experience and develop an appreciation of art allows youth who aren’t in a traditional classroom environment to actively engage with each other.

Powell said a student’s experience is not only artistic but also cultural, allowing the Homeschool Day event to be woven into a curriculum, program or lesson plan. She said that some students were excited to experience the exhibit but others responded with an unenthusiastic, “because my mom said so,” when asked why they came to the event.

Haro said that students aren’t just looking at the art or having it described to them but creating their



Guests at the Crocker Art Museum in Sacramento pose for a photo during Homeschool Day on Oct. 16.

own. The docents immerse the students by having them sit down in front of the artwork.

“It’s the best time of year when the kids come in,” Haro said regarding the numerous school programs held at the museum throughout the year.

The museum and the art inside it should reflect the community of Sacramento, Haro said, fostering

deeper connections with the communities within Sacramento.

Upcoming events at the Crocker Art Museum include Art Rx, an event for individuals with chronic pain, their loved ones and caregivers on Oct. 25 at 11 a.m.; Trick Art Treat on Oct. 25 at 2 p.m. for themed art-making, storytelling and more; Sketching at the

Historic Sacramento City Cemetery on Oct. 26 at 1 p.m. for skill building; and Craftical Magic on Oct. 30 at 6:30 p.m. for a screening of the 1998 film, “Practical Magic.”

To learn more about events at the Crocker Art Museum, visit crockerart.org/events.

To get tickets, donate or more, visit crockerart.org. ★

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Kings Korner

By V.G. Harris



Well Kings fans, the hometown boys are in the midst of a tough road trip and in the early going have a 2-4 record. That's the bad news. The good news is that with the exception of one game, the Sactown ballers have been in every game, and if it weren't for horrendous free throw shooting that record could just as easily be 4-2.

There are other teams that could say the same thing you say, but the positive that comes from this is that when you know your weakness you can work on it and it can be fixed.

Going into last week's game against the Giannis Antetokounmpo led Milwaukee Bucks with only one win for the 2025/2026 campaign, the Sacramento Kings stepped into View Fiserv Forum and handed the mighty Bucks a humbling 135-133 defeat much to the chagrin of the hometown fans. The Kings broke a 10- year famine in Milwaukee capturing a win that few thought was possible.

After an up and down start this season for big man Domantas Sabonis, the Sactown stalwart played Giannis to a standstill putting up 24 points, 13 rebounds, and 6 assists. Although Antetokounmpo matched the effort by Sabonis with a 26-11-8 night, the Sacramento Kings did an admiral job of holding down the former MVP.

We have talked about the talent the Kings have in their starting lineup, but the conundrum has been putting it all together. In Milwaukee the big four of DeRozan, Sabonis, LaVine, and Schroder did just exactly that. LaVine led the group with 31 points, DeRozan with 29, While Sabonis and Schoder both chipped in 24 points apiece.

There will never be a moment in time when it's ok to play pedestrian defense, but there are nights when you will be called to simply outscore your opponent, and Saturday night was just such a night in Milwaukee, Wisconsin.

Our Sacramento Kings beat a playoff team on their home court, much like they did last season to the Celtics in the Boston garden.

What is most telling though about this win, is how the starting lineup played together all night, and the balance with

regards to scoring.

Not to be lost was the contribution off the bench by Russell Westbrook who added 12 points and 10 big boards to the win. Russell continues to win the hearts of Kings fans as he gives 100% effort every night and his energy is contagious.

One of the keys was the play of Dennis Schroder, who on this night lived up to his billing. Schroder played well defensively but also shot the ball in rhythm, scoring 24 points while adding 5 rebounds and 7 assists. The type of night Kings fans have been hoping for, and it shows the Sacramento faithful what is truly possible.

The tandem of Schroder at the point and Sabonis in the paint are secret sauce that when they play as they did on Saturday night will lead to victory after victory.

LaVine and DeRozan can be counted on to get their points as their pedigree speaks for itself, but when Schroder and Sabonis hold down the fort the Kings are a very tough opponent.

The good news is that this does not have to be an anomaly, and it should not be! Capable? Absolutely they are capable, and if the Kings can continue to get this type of ubiquitous scoring, it will not only take pressure off the bench, but it will also lead a pathway straight to the playoffs. Not the plain, but the playoffs!

Yes, the Kings still must play good defense, but balanced scoring as we witnessed against the Bucks makes up for defensive mistakes, and the Kings have proven in the past that they are more than capable of putting up points.

Schroder remains a key, but let's not forget that this season is not his first rodeo, and a veteran at the helm that is not distracted by all-star caliber competition is just the floor general the Kings need.

Young rookie Nique Clifford needs to find a way to contribute on the scoreboard, and right around the corner will be the return of Keegan Murray. Let's hope Keegan's return will mark a contributing factor and not a necessity.

Be of good heart Kings fans because the light is starting to shine.

All the best!

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

Erie Canal Contrasts Glacial Pace of Public Works



By Dan Walters, CALMatters.org

This week, one of the nation's earliest and most important public works projects, the 363-mile Erie Canal linking the Hudson River with Lake Erie, marked its 200th anniversary.

There was only negligible media and political notice. That's regrettable, because the canal opening in 1825 utterly transformed the nation's economy and ignited its expansion from a few sparsely populated former colonies on the Atlantic Coast some 3,000 miles westward to the Pacific Ocean.

Rugged mountains had stymied westward expansion from the coastal plain into the Ohio River valley and the Great Lakes region. But New York Gov. DeWitt Clinton saw an opportunity for New York City to become the nation's commercial capital, outfoxing rival Philadelphia.

The New York Legislature authorized construction with bonds in 1817 and just eight years later, having been dug mostly by hand, the Erie Canal opened. Tolls repaid all of its construction debt in the first year.

Eventually, of course, the canal's commercial importance was superseded by railroads and later highways. But it continues to operate for recreational and excursion boats and remains a symbol of how timely public works can have major

economic impacts.

A quarter-century after the Erie Canal opened, California was admitted as a state. During its first decades it was somewhat isolated, with an economy based on resources — gold, timber, farm produce, cattle, fish and, eventually, oil.

However, as California entered the 20th century, massive public works projects surfaced to encourage economic expansion and transformation, notably in Southern California. Los Angeles and Long Beach created deep-water ports from what had been coastal mudflats. Los Angeles secretly tapped the Owens River 250 miles away on the eastern slope of the Sierra Nevada, and built an aqueduct to carry its water to the city, making its meteoric population growth possible.

The Great Depression spawned other historic public works projects that were not only beneficial unto themselves but created much-needed jobs.

The federal government built the Central Valley Project, a network of dams, including Shasta Dam, and canals to provide water to farms in the 450-mile-long valley.

The state built a long-planned bridge over San Francisco Bay while simultaneously, a consortium of counties constructed the iconic Golden Gate Bridge. Both were finished in just a few years.

World War II was a massive public works project in California, as billions of dollars were poured into military bases, aircraft factories, shipyards and other tools of warfare, transforming the state into an industrial powerhouse. The postwar era

brought the construction of freeways to handle traffic from the state's population explosion.

Mid-century also saw arguably the state's last truly transformative public works project, the California Water Plan. It dams the Feather River near Oroville with an aqueduct to carry its water from the Sacramento-San Joaquin Delta to Southern California.

The last decades of the 20th Century and the first decades of the 21st have been a period of stasis in public works.

Projects such as the tunnel to carry water under the Delta and the Sites Reservoir to divert and store high flows on the Sacramento River have kicked around for decades. Sites appears to finally be on track, but the tunnel struggles to overcome opposition from local landowners and environmentalists.

And then there's the bullet train to link the northern and southern halves of the state, first proposed a half-century ago and approved by voters in 2008 — but limping along, neither fully alive nor dead, with some construction underway but no firm financial footing.

Looking back, it's amazing that the 363-mile Erie Canal could have been dug by hand in just eight years, or that the two San Francisco bridges were erected in just a few years. The contrast with 21st Century foot-dragging is palpable.

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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By your local dentist Dr. Ashkan Alizadeh, Master at Academy of General Dentistry

Losing a tooth is more common than most people realize, whether it's from decay, gum disease, or an accident.

But even one missing tooth can affect more than your smile. It can make chewing more difficult, lead to shifting of nearby teeth, and even change the shape of your face over time.

The good news is, there are several ways to replace missing teeth. Understanding the options can help you make the best decision for your health and comfort.

1. Do Nothing (Not Recommended)

While it may seem easier to leave the space empty, this can cause nearby teeth to drift, throwing off your bite and leading to more tooth wear or jaw pain. Once teeth move out of proper alignment, it becomes harder to clean, increasing the risk of cavities and gum disease. It also becomes more challenging to replace the teeth if you wait too long to replace the teeth, so it's best not to wait too long.

2. Removable Partial or Full Denture

A removable denture is a simple and affordable way to replace one, several, or all missing teeth. These appliances are taken out at night and cleaned daily. While they can restore your smile and chewing function, they tend to cover a large portion of the mouth and can sometimes feel bulky or less secure.

3. Fixed Bridge

A bridge is a permanent option that connects an artificial tooth to the natural teeth on either side of the gap. This provides a more natural look and feel than a removable denture. However, the neighboring teeth must be shaped to support the bridge, and it's not ideal if too many teeth are missing.

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implant is a small titanium post that replaces the root of a missing tooth and supports a crown, bridge, or even a full denture. Implants look, feel, and function like natural teeth, and they help preserve the jawbone beneath the gums. Implants aren't for everyone, though. Factors like bone quality, health conditions, and medications can affect whether they're the right choice. Your dentist can take X-rays and discuss if implants are a good fit for you.

The Bottom Line

Replacing missing teeth is about more than appearance. It's about maintaining good oral health, proper chewing, and a confident smile. Whether you need to replace one tooth or a full set, there's a solution that can fit your needs and lifestyle.

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Annual Stand Down Event Serves Veterans

By Janna Haynes,
Sacramento County
Public Information Office

SACRAMENTO COUNTY, CA (MPG) - At Mather Community Campus, a line of expectant veterans wraps around the building. Men and women donning hats, vests and jackets filled with patches identifying their service history: which branch and which war they survived.

Some are walking with a noticeable limp; others have prosthetic limbs showing. Many are in wheelchairs, having lost a partial or full leg.

The air is heavy with pride and grief at the annual Sacramento Stand Down event. Pride for the service they gave and the brothers and sisters they served beside, grief for the ones they knew and loved who didn't make it home.

Booths line both sides of the streets, filled with agencies and organizations dedicated to helping veterans get back on their feet after returning from service. For some, that means filling out applications for VA benefits and healthcare. Others need more intervention, such as a job, housing and mental health treatment.

But every person there came searching for the same thing: a community of individuals and support that understands what they've been through and are willing to gently guide and love them through the struggle of returning to civilian life.

As folks amble booth to booth, the strains of a bagpipe ring out and a hush falls. The bagpiper makes his way around the corner, solemnly playing and walking his way through the crowd toward the American flag. At the conclusion of his piece, another veteran steps up to the microphone and sings the National Anthem. My heart squeezed at the reverence and honor in that moment. The weight of sacrifice in the crowd



Pictured are attendees of the Annual Stand Down Event serving local veterans. Photo courtesy of Janna Haynes



Speakers at the annual Stand Up event included members of Volunteers of America, an organization committed to serving veterans and helping support them through the transition back into society. Photo courtesy of Janna Haynes

was so heavy that I could barely breathe.

Sacramento County District 5 Supervisor Pat Hume steps on stage to open the event. His district covers Mather Community Campus, which houses the Volunteers of America (VOA) veteran's service center and

shelter, in addition to several additional shelter programs serving singles, families and transitional aged youth.

Supervisor Hume shared his own family story of sacrifice, losing his father in war. Yet the pride in his voice is evident. He speaks directly to the hearts of



Booths at the annual event offered resources to veterans getting back on their feet after returning from service. Photo courtesy of Janna Haynes

each person in the crowd, "You are not alone. You do not carry this burden by yourself. Do not walk away today without making the connections you need

and the help you need."

As the opening ceremony concludes, the crowd disperses to walk the booths they came to see: dental care, eye exams, haircuts, benefits, basic medical care, lunch tent and more.

The Sacramento County Veterans Services Office staff is onsite to help people get connected to VA benefits. Human Services Supervisor Nick Pulaski shares the challenges of connecting veterans to their earned benefits.

"We see so many people with incomplete paperwork; missing discharge papers or the worst is when private companies take advantage of them by charging them for help," Pulaski said. "We do it for free. We'll never take a percentage of your earned benefits. We work so hard to help and advocate for our clients."

Volunteers of America is committed to serving those who served our country and helping support them through the transition back into society. They serve nearly 1,400 veterans a year at the Mather Campus drop-in center. They provide help with resume building, job applications, mock interviews and job placement with cultivated veteran-friendly employers.

For veterans who need help exiting homelessness, Volunteers of America also has on-site shelter and a housing specialist to help with permanent placements, including paying rental deposits and first and last month's rent.

Don Harper, the Stand Down Event founder and vice president, emphasizes the moniker, "No wrong door" to getting help.

"Our goal is to get veterans off the streets and into the services they need to thrive, whatever that looks like for them," Harper said. "We're here to help." ★

A Celebration of Bravery and Liberty



Home to California's Capitol, the Sacramento region flies its flags high for Veterans Day by hosting events for veteran residents and their families to attend, including parades and barbecues. Photos courtesy of Veterans Affiliated Council

Continued from Page 1

Give Veterans a Smile

The University of the Pacific, Sacramento Campus, School of Dentistry will host Give Veterans a Smile to offer free dental screenings for veterans and active-duty members of all ages from 10 a.m. to 12:30 p.m. Monday, Nov. 10.

Those interested can also speak with University of the Pacific dental professionals about how to become patients and how to access discounted care as well as free wellness services. Free health kits, snacks and refreshments will also be provided.

Attendees must bring either a physical or electronic copy of an official military document (DD214) and photo identification to verify eligibility. The clinic is ADA-compliant and wheelchair accessible; questions can be sent to phcc@pacific.edu.

Give Veterans a Smile will be facilitated at the Pacific Health Care Collaborative Clinic located at 3333 3rd Ave. Appointments are required and can be made at bit.ly/43zj11C or by calling 916-672-2774.

Veterans Day at the California Automobile Museum

On Monday, Nov. 10, the California Automobile Museum will offer free

admission to veterans and active-duty service members. The museum features more than 120 cars spanning nearly 120 years of automotive history, from brass-era vehicles to modern models with advanced technology.

Proof of service is required, and the offer applies only to individual veterans and active-duty personnel.

The California Automobile Museum will be open from 10 a.m. to 5 p.m. and is at 2200 Front St.

Veterans Affiliated Council's Veterans Day Parade

The Veterans Affiliated Council of Sacramento and Vicinity will sponsor for its fifth year the annual Veterans Day Parade and celebration from 9 a.m. to 1 p.m. Tuesday, Nov. 11 at the California State Capitol, 1315 10th St.

This year's celebration will pay special tribute to the 250th anniversaries of the U.S. Army, Navy and Marine Corps. The event will feature a military aircraft flyover, static displays, informational booths and presentations from local Junior Reserve Officers' Training Corps (JROTC) programs.

Several local leaders are supporting this year's event, including Sacramento County Supervisors Rosario Rodriguez, Phil Serna, Patrick Kennedy, Pat Hume



The Veterans Affiliated Council's Veterans Day Parade at the Capitol will feature a military aircraft flyover, static displays, information booths and presentations from local Junior Reserve Officers' Training Corps (JROTC) programs from 9 a.m. to 1 p.m. Tuesday, Nov. 11.

and Rich Desmond, and Sacramento City Councilmember Rick Jennings.

The annual parade brings together veterans, families and community members from across the region to celebrate and recognize those who have served in the U.S. Armed Forces. For more information, visit Calvac.org.

Free Admission to State Parks

More than 140 California state parks will offer free admission to U.S. service members and their families on Tuesday, Nov. 11.

Participating parks include local attractions such as the California State Railroad Museum, the State Indian Museum and Sutter's Fort State Historic Park.

To receive free admission, veterans and active-duty or reserve military personnel must show a valid military identification or proof of honorable discharge. A full list of parks is available at parks.ca.gov/VeteransDay2025.

Veterans Day Barbecue

Veterans of Foreign Wars Post 67 (WFW 67) will host a Veterans Day Barbecue from 12:30 p.m. to 4:30 p.m. Nov. 11, offering hot dogs and hamburgers, with side dishes and desserts provided by the Veterans of Foreign Wars Post 67 auxiliary.

The event will be at the VFW 67 Canteen, 2784 Stockton Blvd.

Pre-Thanksgiving Veterans Celebration

On Saturday, Nov. 15, Macedonia Baptist Church will host a Pre-Thanksgiving Veterans Day celebration from 11 a.m. to 3 p.m. at the Robertson Community Center, 3525 Norwood Ave.

The event will honor veterans with a free Thanksgiving-style meal, warm winter items and resources for about 80 families in need. Sponsors include SMUD, Sprouts, Planned Parenthood and FoodsCo.

Registration is available at macedonia-sacto.com/events or contact Sis. Natavia Hughes at 916-585-0735.

Veterans Day Freedom Run

The Best Races Freedom Run will take place Saturday, Nov. 16 at Sutter's Landing Park (20 28th St.), offering 5K, 10K and half-marathon options.

Participants are encouraged to run in gratitude for veterans' service and can raise funds for a charity of their choice. Wave start times are 7:30 a.m., 8 a.m. and 8:30 a.m.

Registration details are available at bit.ly/4odKNtX. ★

Fall Back to Once-a-Week Watering, City Says

City of Sacramento News Release

SACRAMENTO, CA (MPG) - As temperatures cool and days grow shorter, landscapes across Sacramento don't need as much water to stay healthy as they do in spring and summer.

Beginning Nov. 1, residents and businesses should use sprinklers just once per week – on either Saturday or Sunday – at any time of day.

“When the weather cools down, so should your watering,” said William Granger, the city’s water conservation coordinator. “This is the time of year to give your sprinklers a break and let

Mother Nature do more of the work.”

According to city staff, cooler weather, longer nights and seasonal rainfall help soil to retain moisture longer, allowing lawns and plants to thrive with far less irrigation.

Many customers can even turn off their automatic sprinklers entirely during the fall and winter months.

“You’d be surprised by how far a little rainfall can go for your lawn,” Granger added.

More about the watering schedule can be found on the city’s water conservation website, cityofsacramento.gov/utilities/water-conservation/watering-schedule. ★



According to city staff, cooler weather, longer nights and seasonal rainfall help soil to retain moisture longer, allowing lawns and plants to thrive with far less irrigation. Photo courtesy of the City of Sacramento

ABOUT TOWN

Document Shredding Nov. 15

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Bring your paper to Cook Realty, 4305 Freeport Blvd., from 9 a.m. to noon Saturday, Nov. 15. Donation is \$5 per grocery bag; \$10 per banker box. Checks can be made to Cook Realty.

Call to let us know you are coming; once the truck is full, it's gone: Trey Bonetti, 916-768-9360.

Area Museum Experiences

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

Aerospace Museum of California – “Snoopy and the Red Baron,” through Dec. 31. On loan from the Charles M. Schulz Museum, this national traveling exhibit brings the full story of the World War I Flying Ace to life. Featuring original comic strips, vintage toys and rare memorabilia, it's a fun, family-friendly look at one of Peanuts' most iconic storylines.

The exhibit will delight fans who grew up with Snoopy the Flying Ace and introduce new audiences to Snoopy's adventures in the sky. Details at aerospacemuseum.org.

California Automobile Museum – Sunday Drives. The third Sunday of every month, enjoy a free ride (with paid museum admission) in one of the museum's many beautiful cars from 10 a.m. to 2 p.m.

There's no better way to enjoy history than to experience it firsthand down the streets of downtown Sacramento. Details

at calautomuseum.org.

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. Through Nov. 16.

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.

Details at californiamuseum.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. Details at californiarailroadmuseum.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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Donate to Keep Adaptive Riding Program Open

Therapeutic Riding and Off-Track Rehabilitation News Release

SACRAMENTO REGION, CA (MPG) - Therapeutic Riding and Off-Track Rehabilitation, one of Northern California's leading adaptive riding programs for people with developmental disabilities, has launched an emergency fundraising campaign to sustain its operations.

The program draws students from throughout Northern California, especially Sacramento County, Yolo County and surrounding counties.

According to Therapeutic Riding and Off-Track Rehabilitation (T.R.O.T.R.) board President Shannon Johnson Personeni, the Woodland-based nonprofit organization is facing unprecedented financial strain, due to rising costs for insurance, staffing, facility upkeep and animal care.

"Despite cutting non-essential expenses and stretching every dollar, we have been forced to release over 60% of our instructors, eliminate more than half of our weekly program hours and turn away nearly 75% of our riding students," Personeni said. "Just to stabilize our core operations and prevent further losses, we must raise at least \$45,000 by Dec. 1."

Personeni, who founded Therapeutic Riding and Off-Track Rehabilitation in 2005, is a certified therapeutic riding instructor and an equine specialist in mental health and learning, accredited through the Professional Association of Therapeutic Horsemanship (PATH) International.

"Demand for our services has been growing at an astonishing rate," Personeni said. "We typically have several hundred people on our waiting list. The lives of these children and adults could be transformed by the therapeutic power of horses if we can remain



Instructor Debbie and Leo tack up Cindy Lu for a lesson. Photo courtesy of Therapeutic Riding and Off-Track Rehabilitation



India and Mr. B share a moment. Two hearts. One healing moment. Photo courtesy of Therapeutic Riding and Off-Track Rehabilitation



Shannon Personeni rescues the horses and they rescue us. Photo courtesy of Therapeutic Riding and Off-Track Rehabilitation

open to serve them."

Therapeutic Riding and Off-Track Rehabilitation combines recreational riding instruction with principles of physical, occupational and social-emotional therapy. It serves students with conditions such as autism, attention-deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD), brain and spinal cord injuries, cerebral palsy,

developmental delays, Down syndrome, multiple sclerosis, muscular dystrophy and learning challenges, as well as mental, emotional, visual and hearing impairments.

"A horse's stride mimics the human gait, which stimulates the rider's physical and cognitive development," Personeni said. "This gentle, rhythmic motion enhances balance, muscle

control, coordination, posture and body awareness. By interacting with their horses, riders also learn trust, patience and self-control while developing communication and social skills."

In addition to serving riders with disabilities, Therapeutic Riding and Off-Track Rehabilitation operates a rehabilitation program for horses off the racetrack. Many of these horses arrive after neglect, abandonment or career-ending injuries. "With

training, care and compassion, they become part of our adaptive riding program or are placed in loving permanent homes," Personeni said.

Community members, businesses and foundations are encouraged to contribute to this urgent effort by donating at <https://www.gofundme.com/f/keep-trottr-alive> or contacting Therapeutic Riding and Off-Track Rehabilitation at info@TROTR.org. ★

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Snoopy Has Landed in Sacramento

Aerospace Museum of California Unveils Freeway Sign, Traveling Snoopy Exhibit

Story and photos by Seth Henderson

NORTH HIGHLANDS, CA (MPG) - Snoopy Flying Ace traveled to the Aerospace Museum of California as the organization opened its "Snoopy and the Red Baron" exhibit to the public on Oct. 18 and announced the pending placement of a sign for Interstate 80 to promote the museum.

The traveling exhibit is on display in the museum until Dec. 31, complimenting the array of artifacts from World War I and memorabilia on display in partnership with the Charles M. Schulz Museum and Research Center in Santa Rosa. Schulz was the creator of the character, Snoopy, in addition to the Peanuts characters and some of the comic strips or artifacts at the exhibit were signed by him.

Tom Jones, the president and CEO of the aerospace museum, said during the VIP opening ceremony on Oct. 17 that Snoopy and the Red Baron was one of Schulz's most popular personas of Snoopy and that Sacramento is quite fortunate to have this exhibit during Snoopy's 75th anniversary.

"Who doesn't love Snoopy? And then the kids see Snoopy and all of his different adventures that he goes on and his different personas that he assumes," Jones said. "I just think it's a fabulous way for kids to connect not only to Snoopy, but with aviation and aerospace."

Out of Schulz's nearly 7,000 comic strips, Jones said that he grew up reading those comics and some of the funniest ones were enlarged to be viewed at a distance. He said that the collaboration between the two museums was meaningful and allowed the aerospace museum to tie in other artifacts from World War II, showing how far Snoopy's influence had spread.

"We've got great photo stations and all kinds of fun ways to engage with this exhibit," Jones said. "Bring your kids, bring your grandkids, you know, just come see the museum. It's a beautiful space and it's super engaging for kids from 2 to 102."

Jones said that the museum was able to incorporate artifacts from famed aviator Clay Lacy, who is actively encouraging aviators and a donor to the aerospace museum. The museum's collection also featured artifacts from other aviators, such as Bud Anderson, Vicky Benzin and others.

Lacy flew his P-51 Mustang with a giant Snoopy in the cockpit, Jones said, winning the Reno Air Races in 1970, encouraging youth to become involved with aviation. He said Anderson, as a Boy Scout in 1934, became a World War II Triple Ace nine years later because of what he had learned. Artifacts depicting Snoopy's tenure as a Beagle Scout pay tribute to Boy Scouts, Girl Scouts and military members.

The Aerospace Museum of California also celebrated the approval of a new sign to be placed on Interstate 80 by way of legislation that Jones wrote to define how museums are categorized with



Awaiting the real sign, weather permitting, the Aerospace Museum of California celebrates the approval of a highway sign for the museum on Interstate 80.



City Councilman Roger Dickinson poses with Snoopy at the opening ceremony of "Snoopy and the Red Baron," a traveling exhibit making a pit stop at the Aerospace Museum of California on Oct. 16.



President and CEO of the Aerospace Museum of California, Tom Jones (left), stands with Mika Klinsmann from Senator Roger Niello's office, holding a certificate commemorating the museums approval of a highway sign on Interstate 80 on Oct. 16.

Caltrans. Jones said that museums were previously categorized with locations such as the Golden One Center or Levi's Stadium, making the museum slightly beyond the scope of allowing signage on the interstate.

Jones said Assemblymember Josh Hoover asked him to write a piece of legislation, which became Assembly Bill 1320 and was unanimously approved by the state assembly. Jones said that not a word was changed from what he originally wrote.

"Governor Newsom signed it into law about two and a half years ago and then we thought, 'OK, great. We're going to get signs now,'"

Jones said. "But Caltrans had to change its manual."

Before the aerospace museum's inception, City Councilmember Roger Dickinson said that he has been involved with the organization, as he was the county supervisor for the area at the time. Dickinson helped get signs placed on Watt Avenue.

"This has been an outstanding facility with tremendous offerings and great programs for kids, particularly in STEM subjects," Dickinson said. "But as you can see by the location, it's a little hidden, so I think the significance of the freeway sign in particular is to let people know that it's here and what

direction to go to get here."

Dickinson said that the aerospace museum is a great opportunity to honor Sacramento's aviation and military history, as well as everything that goes along with it. He said it is one of those wonderful assets that the city has to help inspire young people to think about science, technology, engineering,

museum years ago because of its wheelchair accessibility.

Bernau said he is glad to see how much it has grown, including partnerships with schools or other organizations to keep children motivated. He said that a museum as high quality as the Aerospace Museum of California deserves a sign on the freeway.

"There's so many things competing with people's time today," Bernau said. "And so to have that sign for going up and down the freeway, and it's like, 'Oh, what's that?' I've never been there before. I didn't even know that existed." So that's a big deal to have that."

The Aerospace Museum of California is located at 3200 Freedom Park Drive in McClellan Park and was founded in 1986. The organization is a nonprofit organization and features a 40,000 square-foot exhibit hall with 40 aircraft and rockets, as well as a four-acre outdoor air park. The museum is also a Smithsonian Affiliate and a member of the North American Reciprocal Museum Association.

The "Snoopy and the Red Baron" exhibit at the museum will feature special weekly pop-up activities for visitors of all ages that bring Snoopy and the other Peanuts characters to life, according to the museum.



A young guest at the "Snoopy and the Red Baron" exhibit poses for a photo with Snoopy at his doghouse during the exhibit's opening day at the Aerospace Museum of California on Oct. 16.

arts and math (STEAM), such as the California Railroad Museum or the Crocker Art Museum.

Being exposed to the different facets of life through opportunities such as the aerospace museum, philharmonic or the symphony are experiences that help shape a person's development, Dickinson said.

Sherrie Everhart, the owner of Hart 2 Hart wineries, made a sizable donation to the Aerospace Museum of California, providing funding for high quality display cases. Jones said that he was friends and members with Sherrie's husband Jim Everhart, a member of the Sacramento County Sheriff's Air Squadron. Jones said that Jim Everhart unfortunately died suddenly a few years ago.

El Dorado Hills resident Jerry Bernau said that he was friends with Jim Everhart and attended the VIP opening ceremony in honor of his friend. Bernau said he has a handicapped son who enjoyed visiting places such as the aerospace

The museum is open from 9 a.m. to 5 p.m. Tuesdays to Sundays and admission to the Snoopy exhibit is included in the museum's general admission. General admission is \$15 and to purchase tickets online, visit <https://www.aerospaceca.org/purchase/p/adult-general-admission>.

To learn more about the museum, visit its website at <https://www.aerospaceca.org> or call 916-643-3192 for more information. The Charles M. Schulz Museum and Research Center is at 2301 Hardies Lane in Santa Rosa. The museum's website is <https://schulzmuseum.org/> and its phone number is 707-579-4452. Follow the museum online at @schulzmuseum.

"I don't think there has been an animal character in a long time that has done the different things that Snoopy has done," Schulz once reflected. "He's an attorney. He's a surgeon. He's the World War I Flying Ace." ★

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OCTOBER 18 - DECEMBER 31

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Sprouts Hosts Pumpkin Decorating Event



Children of all ages, from 20 months to teenagers, participated in a pumpkin-decorating event Oct. 25 at Sprouts Farmers Market, 4408 Del Rio Road in Land Park, and everyone loved it. The crisp autumn weather made it feel like Halloween and added to the spooky fun. Customers painted pumpkins and decorated them using acrylic paint markers as well. Sprouts families have a lot of artistic talent and they showed it off. Photos courtesy of Sprouts Farmers Market-Land Park.



Mercy San Juan Medical Center Upgrades Stroke Center



Mercy San Juan Medical Center physicians discuss with ribbon-cutting attendees how the biplane imaging system works and helps improve care. Photo courtesy of Dignity Health

Dignity Health News Release

SACRAMENTO REGION, CA (MPG) - Dignity Health Mercy San Juan Medical Center is celebrating the grand opening of its newly renovated Neuro-Interventional Suite, a space designed to deliver faster, safer and more advanced stroke care. The centerpiece of the upgrade is a new Canon biplane imaging system, which allows doctors to see detailed, real-time images of the brain and blood vessels from multiple angles helping them treat strokes and other complex conditions with greater precision.

Mercy San Juan is the only Comprehensive Stroke Center for Dignity Health in California and the first hospital in the Greater Sacramento Market to receive this designation from The Joint Commission. According to the commission, the

Comprehensive Stroke Center Certification is the most demanding stroke certification and is designed for those hospitals that have specific abilities to receive and treat the most complex stroke cases.

The \$12.9 million renovation also includes a new procedure room, monitoring area and updated staff spaces to support exceptional patient care and teamwork.

With this investment, Mercy San Juan strengthens its position as the region's leading hospital for advanced neurological care.

The grand opening was on Oct. 22.

Most of the patients served by the Neuro-Interventional Suite come from the greater Sacramento region, including Carmichael, Citrus Heights, Fair Oaks, Orangevale, Rancho Cordova, Folsom, Elk Grove, West Sacramento

and Roseville. The medical center is located at Mercy San Juan Medical Center, 6501 Coyle Ave., Carmichael.

Dignity Health is a multi-state nonprofit network of 10,000 physicians, more than 60,000 employees, 41 acute care hospitals and 400-plus care-centers, including community hospitals, urgent care, surgery and imaging centers, home health and primary care clinics in Arizona, California and Nevada. Dignity Health is dedicated to providing compassionate, high-quality and affordable patient-centered care with special attention to the poor and underserved.

Dignity Health is a part of CommonSpirit Health, a nonprofit health system committed to advancing health for all people and dedicated to serving the common good. For more information, visit Dignity Health's website at DignityHealth.org. ★

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