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THE NEWS

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AUGUST 7, 2026

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Veterans Helping Veterans

Disabled American Veterans Chapter Provides Free Assistance to Those Who Served



Now more than ever there is a strong need for the DAV meetings as there are around 300,000 veterans in the Sacramento area and the population only continues to increase. Photo designed by Magnific

By Ryley Metten

NORTH HIGHLANDS, CA (MPG) - Are you or a loved one a veteran looking to file disability claims but not sure how? Disabled American Veterans Chapter 93 is looking to help you. Whether that is aiding you filing disability claims or recruiting new members to a tight knit community of fellow veterans, there is a community right next door in North Highlands.

Disabled American Veterans (DAV) is more than 100 years old and began in 1920 by Captain Robert S. Marks, a disabled veteran



who later became judge and started lobbying congress for a way to take care of veterans after they have served. He eventually won and DAV was born as an organization for disabled military veterans of the United States Armed Forces that helps them and their families through various means. The first

national convention of DAV was held in Detroit in July 1921.

Disabled American Veterans Chapter 93 is a local DAV chapter in the Sacramento area looking to assist veterans with filing VA disability claims, aiding veteran widow claims and recruiting new members into the chapter.

Chapter 93 Recruiter and Commander Raymond Richmond has been with Disabled American Veterans for more than 30 years. He expresses that there is a strong need for these meetings as there are around 300,000 veterans in the

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Congressman Thompson and Assemblywoman Krell Host 'Ask Me Anything' Town Hall

*Office of Mike Thompson
News Release*

ELVERTA, CA (MPG) - On Tuesday, July 28, Congressman Mike Thompson hosted an "Ask Me Anything" Town Hall in Elverta with Assemblymember Maggy Krell. Congressman Thompson responded to questions and concerns raised by the constituents in attendance on issues that matter most to our district including bringing down the cost of living, standing up to ICE abuses against citizens, getting money out of politics and improving our infrastructure.

"I continue to be impressed with Assemblymember Krell and her outstanding work for our area. It was an honor to participate in a town hall with her. I hear from people regardless of party that the government needs to be accountable to the people. It is



Congressman Mike Thompson and Assemblywoman Krell answer questions from constituents in Elverta. Photo courtesy of the Office of Mike Thompson

why I am so proud to hold these town halls and partner with state officials to ensure we can deliver for Sacramento County"

Continued on page 10

Bradshaw Animal Shelter Celebrates DOGust with Free Dog Adoptions



Whether you're looking for an active walking partner, a family companion or a relaxed couch buddy, Bradshaw Animal Shelter has dogs of all ages, sizes and personalities ready for adoption. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - Every dog deserves a birthday and a chance to celebrate it in a loving home. On Aug. 1, animal shelters across the country celebrate DOGust, the universal birthday for shelter dogs whose exact birthdays are unknown. Since many shelter pets arrive without birth records, DOGust gives them all a special day to be recognized and celebrated.

To mark the occasion, Sacramento County Bradshaw Animal Shelter is waiving adoption fees for all dogs from Aug. 1 through Aug. 23. Whether you're looking for an active walking partner, a family companion or a relaxed couch buddy, Bradshaw Animal Shelter has dogs of all ages, sizes and personalities ready for adoption.

Every adopted dog goes home spayed or neutered, vaccinated, microchipped and are ready to begin life with a new family.

Choosing adoption doesn't just change one dog's life. Every adoption creates kennel space for another animal in need and helps the shelter continue serving pets throughout Sacramento County.

Residents are encouraged to visit the shelter between Aug. 1 and Aug. 23 to meet adoptable dogs and take advantage of waived adoption fees.

To view available dogs and learn more, visit the Bradshaw Animal Shelter website.

This DOGust, consider giving a shelter dog the best birthday gift possible, a place to call home. ★

Dominant Rivalry Win Earns Three Team of the Week Selections

**Republic FC Athletics
News Release**

SACRAMENTO, CA (MPG) - On July 28, the USL Championship announced the Week 21 Team of the Week. Among the top players from the week, Republic FC led the way with three selections as Kyle Edwards, Memo Rodriguez and Mark-Anthony Kaye added their names to the club’s growing list of league honors. Edwards was also selected as the Player of the Week, his first time securing the award since 2021.

The three offseason additions each put in a strong performance to lift Sacramento in Saturday’s 3-1 win over Northern California foe Oakland Roots, the team’s fourth consecutive win in Oakland. Memo Rodriguez got Republic FC on the board first in the 19th minute. Jack Gurr delivered a low cross from the left and Rodriguez kept his composure as he was surrounded by two defenders to make a one-touch tap into goal for



The USL Championship announced the Week 21 Team of the Week including Republic FC players Kyle Edwards, Memo Rodriguez and Mark-Anthony. Photo courtesy of Republic FC

his first scoring contribution for Republic FC.

Oakland answered quickly with an equalizer, but that would prove to be their only chance on goal all night. From then on, it

was all Republic as the club put on an unrelenting press that kept the Roots under constant pressure. Mark-Anthony Kaye was a disruptor in the midfield all night with 9 of 10 duels won, six possessions

won and three tackles won. The veteran midfielder has now been selected to back-to-back Team of the Week rosters.

The press paid dividends when Kyle Edwards took the lead for

good in the 75th minute, just six minutes after subbing on. A shot from Blake Willey forced the goalkeeper to make a save, but the rebound only went as far as a wide-open Edwards, who got the jump and volleyed a shot to the back of the net.

Edwards later put the exclamation point on the match in stoppage time. Building on his goal earlier in the night, Memo Rodriguez lofted a cross to Edwards on the far side. The St. Vincent and the Grenadines international opened his hips to control the ball with a touch before firing a low shot to the corner. Edwards now leads Republic FC with five regular season goals and seven across all competitions. Last season, he set a new league record for goals off the bench in a single season and is now just one shy of tying the all-time record for substitute goals.

Republic FC is currently on a three-game undefeated streak, as of press time. Tickets are available at SacRepublicFC.com. ★

Katherine Zhu Wins 56th Sacramento County Women’s Golf Championship at Mather Golf

**Sacramento Golf Council
News Release**

RANCHO CORDOVA, CA (MPG) - The 56th Sacramento County Women’s Golf Championship took place July 25 to 26, at Mather Golf Course in Rancho Cordova, drawing top female amateur golfers from around the region.

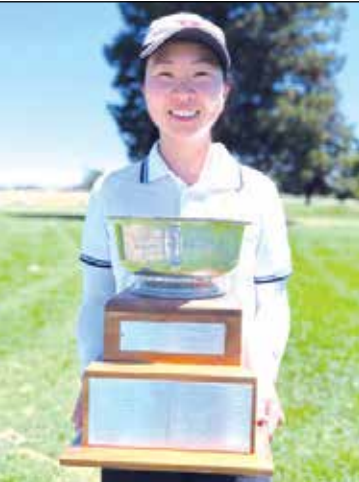
Katherine Zhu emerged as the 2026 Sacramento County Women’s Champion, capturing the Championship Flight title with

a score of 69/65/134, over Emily Guan with a score of 70/65/135.

Karen Garcia won the Senior Division with a score of 74/71/145. In the Senior Handicap Division, Vivian French with a 13 handicap claimed victory with a gross score of 135.

The Championship Flight featured golfers with a handicap index of 6.6 or less. Senior Flight players age 50 and up.

Tournament chairman was Linda Bigler of the Sacramento Golf Council.



Katherine Zhu emerges as the 2026 Sacramento County Women’s Champion at the Women’s Golf Championship. Photo courtesy of Sacramento Golf Council



Karen Garcia won the senior division at the Sacramento County Women’s Golf Championship. Photo courtesy of Sacramento Golf Council



Vivian French wins the Senior Handicap Division in Sacramento County Women’s Golf Championship. Photo courtesy of Sacramento Golf Council

Men’s Soccer Welcomes Magaña to the Roster for 2026



Washington native Jesus Magaña comes to Northern California after spending his true freshman season at Western Oregon in 2025. Photo courtesy of Sacramento State Athletics

**Sacramento State Athletics
News Release**

SACRAMENTO, CA (MPG) - The Sacramento State men’s soccer team made another addition to its roster for 2026, welcoming Washington native Jesus Magaña to the fold, Interim Head Coach Matt McDougall announced on Monday, July 27.

“We are extremely excited to have Jesus join our Sacramento State men’s soccer family,” McDougall said. “Jesus is a hardworking forward that will push to make an immediate impact with his work rate and ability to be dynamic in the final third of the field. He had a very successful club career, winning two ENCL National Championships with the Crossfire Premier Soccer Club in Washington and we look forward to him bringing that winning experience to our program this fall.”

Fans of the Hornets’ men’s soccer program may recognize the last name as Jesus’ older brother, Francisco, was a four-year letter winner at Sacramento State from 2019-23, earning All-Big West Conference honors as a junior in 2022 and

finishing his Hornet career with nine goals and five assists.

Magaña comes to Northern California after spending his true freshman season at Western Oregon in 2025, appearing in five matches and making one start as the Wolves finished 11-5-4 overall en route to a Great Northwest Athletic Conference tournament title and a NCAA Division II Tournament berth. He put two of his four shot attempts on frame, eventually netting his first collegiate goal against St. Martin’s while playing 26 minutes.

That followed a senior season at Auburn Senior HS that saw him pick up All-North Puget Sound League first team honors after scoring 10 goals in 2024 and a decorated club career with the Crossfire Premier ECNL squad.

In five years with Crossfire, Magaña helped the club to a pair of ECNL Northwest championships and back-to-back ECNL National Championships in 2024-25. He finished with five assists during the run to the 2024 championship and added a goal and two assists en route to the crown in 2025. ★

Mountain West Announces Credit Union 1 Basketball Championships Brackets

**UC Davis Athletics
News Release**

LAS VEGAS, CA (MPG) - The Mountain West announced the 2027 Credit Union 1 Mountain West Basketball Championships presented by Palms Casino Resort brackets on Thursday, featuring all 10 men’s and women’s teams competing at the Thomas & Mack Center in Las Vegas from Sunday, March 7, to Saturday, March 13.

“We look forward to two premier championships at the Thomas & Mack Center in 2027,” said MW Commissioner Gloria Nevarez. “In evaluating our men’s and women’s championship formats, we considered the NCAA tournament’s expanded field in addition to maximizing postseason opportunities for Mountain West teams and providing our student-athletes with meaningful postseason competition. This format enhances the championship experience by creating additional opportunities to compete, extend seasons, and be part of the excitement and visibility that comes with postseason basketball in Las Vegas. As we do every year, we will continue to study the behavior of both the men’s and women’s NCAA basketball selection committees



“We look forward to two premier championships at the Thomas & Mack Center in 2027,” said MW Commissioner Gloria Nevarez. Photo designed by Magnific

to ensure that our championship format gives the Mountain West the best opportunity to secure multiple NCAA bids at the highest seeds possible.”

As MW basketball enters a new era with three new members, the 2027 basketball championship formats maximize national television exposure for the Mountain West, while also providing a format that prioritizes travel planning for its loyal fans who attend annually.

The women’s tournament begins on Sunday, March 7, and concludes on Wednesday, March 10, with the championship game. The men’s tournament will begin on Wednesday, March 10, and conclude with the champion crowned on Saturday, March 13.

Seeding for the postseason championship is determined by the regular

season with the top six seeds receiving a bye into the quarterfinals on the second day of competition.

The updated bracket will begin the Conference tournament with the No. 7 seed playing the No. 10 seed and the No. 8 seed matching up with the No. 9 seed in the first-round games. The quarterfinals feature the No. 1 seed against the winner of game one, the No. 4 seed versus the No. 5 seed, the No. 3 seed playing the No. 6 seed and the No. 2 seed facing off with the winner of game two.

The semifinals will feature the winners from the day before with the winners of each semifinal squaring off for the championship title and the league’s automatic berth to the NCAA tournament.

The Mountain West basketball championships will air on a combination of CBS, CBS Sports Network and MW+. Tip times and network designations will be released at a later date.

Mountain West basketball is Built Bold. Six MW women’s basketball programs have appeared in the postseason over the last two seasons, while MW men’s basketball has sent four or more teams to the NCAA Men’s Basketball Championship each of the last five years, including a league record six in 2024. ★

Veterans Helping Veterans

Continued from page 1
Sacramento area and the population only continues to increase.
“DAV has only gotten bigger; there is more of a need as more veterans are coming in from all over. It’s a continuation of more needs for vets because of what is going on in the world,” Richmond said.
Richmond went on to discuss how many veterans or widows of veterans often do not know how to file a claim or need to be walked through the process to ensure that they are receiving what they are entitled to.

“Some vets do not have a claim, or they don’t know how to get an increase in claims and some widows don’t know how to get their husband buried,” Raymond said.

Chapter Service Officer, Kevin Findley has been with DAV Chapter 93 for three years and was originally recruited while Findley visited the Public Affairs table at the McClellan outpatient clinic in November 2023. It was explained to him that joining DAV Chapter 93 would be a good idea and within a couple months after Findley was recruited the current chapter service officer had to retire. Findley stepped up to the position as he already had experience helping veterans in his family seek benefits, so he figured, “there is no reason I can’t do it for somebody else.”

While the Chapter 93 meetings are mainly hosted in the North Highlands meeting hall, Findley has recently begun hosting meetings in Citrus Heights. These meetings take place at the All Veterans Community Center off 6921 Sylvan Road in Citrus Heights. Unlike the meetings in North Highlands, there are two meetings each month in Citrus Heights, these occur on the fourth Wednesday and the second Tuesday of every month from 9 a.m. to 1 p.m.

Findley explained that the additional meetings in Citrus Heights provide more of a chance to engage with the community while also providing him a “much better homebase to work at.”

The DAV Chapter 93 meetings are not only a place to seek assistance for filing disability or widow claims, but they also serve as an important place for veterans to foster a familiar community.

“One of the fun things about these meetings is being able to sit down with a group of people and share stories and lives with,” Chapter Service Officer Kevin Findley said.

Findley went on to explain that there is a strongly compassionate comradery that veterans with DAV have with each other.

“One of the benefits of working with DAV Chapter 93 is that you are working with people who have already been in the system for the decades, so they understand how it works fundamentally,” Findley said. “Real help is getting in and talking through it.”

This is quite different than how many veterans have been treated in the past after returning home once they have



The DAV Chapter 93 meetings are not only a place to seek assistance for filing disability or widow claims, but they also serve as an important place for veterans to foster a familiar community. Photo designed by Magnific

finished serving. DAV makes it their mission to ensure that every veteran that seeks help are treated with dignity and respect. Findley emphasized how there are veterans that join Chapter 93 that had not been to a clinic until the past year.
“We get people that come back [from service] who weren’t treated very well, they would put their uniforms in the closet, but it wasn’t always respected. We have some veterans who have never been to a clinic until 2025. For everyone like that, it is not necessarily about getting a pension but helping them with medical care and getting a bit more dignity,” Findley said.

Currently three members of DAV Chapter 93 recruit new members at the VA McClellan outpatient clinic in McClellan Park just south of North Highlands, where Findley was recruited just three months ago.

Disabled American Veterans Chapter 93 service is free to all and meetings in North Highlands are located at the VFW meeting hall at 3300 U St. at 6 p.m. on the first Tuesday of every month . ★



Disabled American Veterans Chapter 93 is a local DAV chapter in the Sacramento area looking to assist veterans with filing VA disability claims, aiding veteran widow claims and recruiting new members into the chapter. Photo courtesy of Disabled American Veterans



Avocado Farmer Helped Revolutionize the Modern Skateboard

Long before Larry Balma was tending avocado trees in San Diego County, he helped transform the sport of skateboarding. In 1975, he co-founded Tracker Trucks, a San Diego-based company that designed and manufactured stronger, wider, more durable skateboard trucks—the T-shaped metal piece that connects a board’s wheels to its deck and allows riders to steer. At a time when skateboarding equipment frequently broke under the demands of the sport’s emerging tricks, Tracker’s engineering advances gave riders unprecedented stability and resilience, setting a new standard for skateboards. “All the innovations on the original Tracker trucks have ultimately been adapted to every other skateboard truck designed since,” Balma said. Today, Balma is just as likely to be found discussing crop yields and water costs as skateboard design. He and his wife, Louise Balma, manage 25 acres of agricultural land, with 16 acres devoted to avocados.

Smart Sprayers Slash Farm Labor and Herbicide Costs

An increasing number of specialty crop farmers in California are minimizing labor and chemical costs through the adoption of high-tech herbicide sprayers used for weed control. “When I talk to growers, it’s getting good reviews,” Walt Dufflock, vice president of innovation at the Western Growers Association, said of the emerging technology used to power various smart sprayer machines. “I think spraying does have a moment in the next couple

of years to come.” Brothers Justin and Joe Ritchie, who farm about 1,300 acres of pistachios and almonds in Kern County, purchased a smart sprayer that differentiates between the green of growing plants and the brown of soil or dead plants, applying herbicide to only the green plants. “With the size of our operation, it’s paid for itself the first season just in chemical savings,” Justin Ritchie said.

Commentary: California’s Pest Prevention System Needs an Update

More California farms and ranches are incorporating small-scale overnight camping into their operations. The trend comes as farms seek to diversify their incomes amid rising land ownership costs, water uncertainty and fluctuating crop prices, according to the University of California Agriculture and Natural Resources. It was also boosted by Assembly Bill 518, state legislation approved last year that created a new state category for small nature-based campsites so that they no longer need a commercial occupancy permit. “It is a positive that agricultural producers may have more options to diversify their income in a way that is compatible with their farming business and that invites the public to appreciate the beauty of California’s agricultural lands,” said Rachael Callahan, statewide agritourism coordinator for the UC Sustainable Agriculture Research and Education Program. “It is promising that policymakers are thoughtfully engaging with how to create new opportunities for farmers and ranchers, and remove barriers, to ultimately strengthen farm viability.” ★

Unsecured Property Tax Due Aug. 31



Sacramento County News Release

SACRAMENTO, CA (MPG) - Annual bills for Sacramento County unsecured personal property taxes for fiscal year 2026-27 were mailed on July 17 and are payable without delinquent penalties through Aug. 31.

Unsecured property tax bills are mailed to all owners of unsecured property in July of each year. If you owned unsecured property in Sacramento County, such as a boat or aircraft, or if you leased or owned fixtures and equipment related to a business on Jan. 1 and do not receive

a tax bill by Aug. 8, contact the Sacramento County Tax Collector’s Unsecured Property Tax Unit at 916-874-7833, between the hours of 9 a.m. and 4 p.m., Monday through Friday, excluding holidays.

Nonreceipt of a tax bill does not excuse delinquency or allow the tax collector to cancel penalties or collection costs.

Tax bills become delinquent if not paid in the Tax Collector’s Office by 5 p.m. on Aug. 31, or received by mail bearing a postmark of Aug. 31.

If the tax bill is not paid by the delinquency date, a 10% penalty and collection cost will be

added. DMV registration may be withheld on watercraft if unsecured property taxes are reported delinquent. If a tax bill remains unpaid after Oct. 31, additional collection costs and monthly penalties at the rate of 1.5% will be added to the base tax.

Payments may be made by mail or in person at the County Tax Collector’s Office located at 700 H St., Room 1710, Sacramento, between the hours of 8 a.m. and 5 p.m., Monday through Friday, holidays excluded. For credit/debit or eCheck payments, visit county-taxes.net/sacramento/property-tax. ★

COMMUNITY CONNECTION

→ Informing, Empowering & Engaging Readers With Their Community ←



By Patsy McGavock

This column was originally published in the June 12, 2026, issue of the American River Messenger.

For generations, libraries have quietly anchored communities. Often described as places that preserve knowledge, they may increasingly preserve something modern life is quietly losing — shared civic space not filtered by algorithms, income levels or social circles.

Libraries remain places without entrance requirements or appointments, where people of different generations, backgrounds, skill sets and experiences still naturally cross paths — and perhaps learn from each other.

According to Peter Coyl, director of Sacramento Public Libraries, libraries continue evolving to meet community needs.

“Some people really want the quiet temple of learning,” Coyl said. “Some want a laboratory for knowledge.”

Modern libraries increasingly try to honor both.

Many branches now include quiet reading areas alongside study rooms, community rooms, teen spaces and collaborative learning areas. The library remains a place for concentration and reflection, but also one where conversation, classes, tutoring and shared activity quietly build human connection around learning.

The range of learning itself continues to evolve.

For the first time this past year, Sacramento Public Library’s e-book circulation surpassed physical books. Patrons now access digital media, professional courses, maker spaces, literacy tutoring, technology resources and even “Libraries of Things,” where residents can borrow practical items instead of

Community Hubs: Inside the Modern Library, Where Knowledge and People Still Meet

purchasing them. Yet, Coyl repeatedly returned not to programs or technology, but to people and access.

“People who are curious and want to learn come to the library,” Coyl said. “What you are doing may be different, but the reason you are there is often the same. People are seeking to learn, expand and better their lives. The library is for everyone.”

Libraries occupy a unique role in civic life because they remain one of the few public spaces where people can enter freely, Coyl said. “We’re open to anybody who has a question.”

That openness quietly creates intersections that rarely happen elsewhere.

Coyl recalled a retired Fortune 500 CEO regularly attending lectures beside a high school math teacher. Another patron, editor of a national news magazine, used the library as a preferred workspace. “You could be sitting next to a person writing the next prize-winning article,” Coyl said.

Nearby, one could often find a teenager studying or gathering with friends after school, a parent learning English or a neighbor researching resources to rebuild life after losing housing.

Different needs. Different experiences. Each with something to learn and something to offer.

Some connections remain brief. Others grow over years.

“I don’t know that everyone comes expecting community connections,” Coyl said. “But I do think it happens.”

That may matter more than we realize.

As life continues to move online, many Americans increasingly experience community through algorithms, private routines and highly filtered social circles. More and more, we move through

already sorted, familiar lanes of interest, background and belief.

Libraries don’t filter. And increasingly, libraries also help people discern something else: information itself.

In an era increasingly shaped by algorithms and artificial intelligence, Coyl believes personal expertise and library staff themselves remain key.

“Just because the search engine gives you the first result doesn’t mean that’s the best source,” Coyl said. “We teach people how to evaluate information, how search engines and AI choose responses. It’s important to understand those nuances.”

Then he paused on something simpler.

“Sometimes we need that human connection,” he said. “That’s something that cannot be replaced.”

Perhaps that is part of what libraries quietly preserve.

Not simply information, but the people who share it.

And perhaps, if we enter a little more intentionally — lingering a moment longer, introducing ourselves, sharing what we know, or simply noticing one another and asking about life — libraries may help teach us how to become a mentoring-minded community.

One where knowledge, skills and trust move freely between people as they practice the simple habit of lifting one another in small ways, strengthening the whole community over time.

Because, as Coyl emphasized, you do not need to be a reader to find community at the library.

“There is something here for everyone.”

Patsy McGavock is a volunteer writer informing, empowering and engaging readers with their community. Connect with Patsy at PatsyMcGavock.JustServe@gmail.com. ★

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you say...

Jesus says...

I can't figure this out

I will direct you

I'm not enough

You are more than enough

I can't keep going

I will carry you

I'm not strong enough

I am

I'm too tired

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Second Straight Year of Vehicle Theft Declines



CHP officers arrested a suspect after locating and recovering a stolen vehicle. Photo courtesy of CHP Modesto



Officers intercepted a stolen vehicle before it was shipped overseas. Photo courtesy of CHP Modesto



CHP officers recovered a stolen vehicle during an enforcement stop after suspects used an online marketplace to fraudulently sell it to unsuspecting buyers. Photo courtesy of CHP Merced

California Highway Patrol News Release

SACRAMENTO, CA (MPG) - July is National Vehicle Theft Prevention Month, and the California Highway Patrol (CHP) is reminding Californians to protect their vehicles while highlighting encouraging statewide trends. California recorded its second consecutive year of declining vehicle thefts in 2025, as the CHP continued working with local law enforcement agencies to combat organized vehicle theft through targeted enforcement and public awareness.

According to the CHP's 2025

Vehicle Theft Fact Sheet, thieves stole more than 133,000 vehicles statewide in 2025—about 25% fewer than the 176,230 stolen in 2024.

“Vehicle theft is not a victimless crime. It fuels organized criminal activity and creates hardship for families across California. The CHP remains committed to holding offenders accountable, recovering stolen vehicles and working with our law enforcement partners to make our communities safer,” Commissioner Sean Duryee said.

On average, a vehicle was stolen in California about every four minutes in 2025.

Of the 133,372 vehicles stolen statewide last year, 84% were recovered, for a total of 111,661 vehicles. More than half of the recovered vehicles were returned to their owners in drivable condition.

The decline continues a positive trend that began in 2024, when California recorded its first year-over-year decrease in vehicle thefts since 2019. That year, Governor Gavin Newsom deployed CHP officers to work alongside local law enforcement agencies in regional crime suppression operations. Targeted enforcement in Bakersfield, San Bernardino and Oakland helped contribute to reductions

in vehicle thefts and other crime in those communities.

Building on those results, Governor Newsom expanded CHP crime-suppression operations in August 2025 by deploying additional teams to high-crime areas across California.

Several counties where CHP crime suppression teams were deployed also experienced significant declines in vehicle thefts last year. Sacramento county experienced 5,061 vehicle thefts, down 23% from 2024.

Although vehicle thefts continue to decline, motorists remain the first line of defense. The CHP encourages

Californians to reduce their risk by following a few simple safety tips. CHP advises Californians to park in well-lit areas and remove valuables or keep them out of sight. Lock your vehicle every time you leave it, use an alarm system or other anti-theft device. Never leave your vehicle unattended with the engine running and report suspicious activity to law enforcement.

Through strategic enforcement, strong partnerships and public awareness, the CHP remains committed to reducing vehicle theft, disrupting organized criminal networks and keeping California's communities safe. ★

Water Forum Awarded Funding for Lower American River Habitat Enhancement

Federal grants will improve habitat while expanding the science that informs future river management

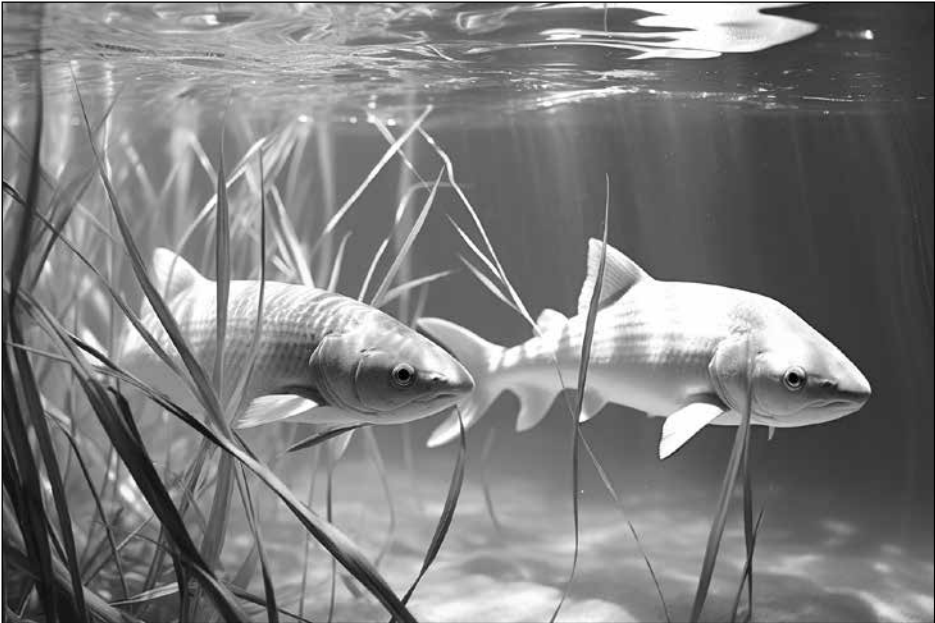
The Water Forum News Release

SACRAMENTO, CA (MPG) - The Water Forum has been awarded more than \$10.6 million in competitive federal funding to enhance habitat for salmon and steelhead in the lower American River while expanding the scientific research and monitoring that help inform future river management decisions.

“The lower American River is one of our region's greatest natural resources,” Executive Director of the Water Forum, Ashlee Casey said. “This funding allows us to continue enhancing habitat for salmon and steelhead while using science to better understand what these fish need to survive and thrive. That knowledge helps us make better decisions that benefit the river, the fish that depend on it and the communities that rely on the river.”

The largest award—\$10 million—will support the long-term maintenance, monitoring and enhancement of habitat enhancement sites that the Water Forum has implemented along the lower American River over the past two decades.

“River habitat isn't static,” Water Forum Habitat and Science Program Manager, Erica Bishop said. “High flows, shifting gravel, vegetation growth and other natural processes continually reshape the lower American River. What makes the Water Forum's program unique is that we continue monitoring these sites over time and



The Water Forum has been awarded more than \$10.6 million in competitive federal funding to enhance habitat for salmon and steelhead in the lower American River while expanding the scientific research and monitoring that help inform future river management decisions. Photo designed by Magnific

use what we learn to make targeted habitat enhancements that provide the greatest benefit for salmon and steelhead.”

The project will also monitor how salmon and steelhead use enhanced habitat. It will also map the river corridor using advanced sonar and LiDAR technology to identify future habitat enhancement opportunities. And conduct scientific studies to better understand how habitat enhancement influences fish survival and reproduction.

The second award—\$627,835—will fund a major new study of Central Valley steelhead in the lower American River.

“Steelhead are much more difficult to study than salmon because their behavior and life cycles vary considerably and they are fewer in number,” Bishop said. “This study will help answer important questions about how steelhead grow, move through the river, survive and return to spawn.”

The findings will help scientists and resource managers make more informed decisions to protect this species that is listed as threatened under the Endangered Species Acts. The study will complement similar research on the Stanislaus River, providing valuable comparisons between steelhead populations north and south of the Sacramento-San Joaquin Delta.

The awards build on more than two decades of collaboration under the Water Forum Agreement and support implementation of the Water Forum 2050 Agreement, which strengthens the region's commitment to habitat enhancement, scientific monitoring and collaborative solutions that protect the lower American River while supporting long-term water supply reliability.

The awards, announced by the U.S. Bureau of Reclamation and the U.S. Fish and Wildlife Service, include two of only 10 projects selected statewide through the Central Valley Project Improvement Act. The Water Forum received one of just four habitat enhancement awards and one of six scientific research awards funded this year.

Funding is provided through the Central Valley Project Improvement Act. The steelhead study grant will be administered by the U.S. Fish and Wildlife Service, while the habitat enhancement grant will be administered by the U.S. Bureau of Reclamation. ★

MMS Strategies Honored with FBI Director's Community Leadership Award

FBI Sacramento News Release

SACRAMENTO, CA (MPG) - On July 28, the FBI Sacramento Field Office honored MMS Strategies, LLC, a Sacramento-based consulting firm, with the local FBI Director's Community Leadership Award (DCLA) for their collaborative partnership in support of the FBI's mission to protect the American people and uphold the Constitution. Michelle Smira, founder and chief executive officer for MMS Strategies, accepted the award.

“MMS Strategies recognizes that we are all on the same team, working toward the same goals: Protect the American people and uphold the Constitution of the United States,” Acting Special Agent in Charge, Brian Tosh said. “Their support strengthens our ability to safeguard communities, enhance resilience and ensure that our efforts reflect the needs and priorities of the region.”

MMS Strategies is a Sacramento-based consulting firm that helps its clients think strategically, communicate effectively and find solutions. The firm prides itself

on its thorough understanding of both problems and opportunities in the region. Following participation in the FBI Citizens Academy at FBI Sacramento headquarters, MMS recognized opportunities to foster mutual understanding, improve public safety and support resilience. This partnership has the FBI to community leaders to better understand public safety concerns and community challenges, identify potential threats and effectively prepare for significant development and growth in the region.

The FBI Director's Community Leadership Award was established in 1990 to publicly acknowledge the achievements of those working to make a difference in their communities through the promotion of education



and the prevention of crime and violence. Every year, each of the FBI's 56 field offices selects a person or organization to receive this prestigious award to honor their achievements, emphasizing the importance of community partnerships in keeping our shared communities safe. This year's recipients were recognized for a broad range of efforts, including building bridges between law enforcement agencies and the communities they serve, combatting human trafficking and providing resources to victims and supporting local youth programs.

The FBI Sacramento Field Office serves 34 of California's 58 counties. The FBI Sacramento Field Office community outreach program supports the FBI's investigative mission by working to address multiple interrelated societal problems—including crime, drugs, gangs, terrorism and violence. Linking community service, prevention and law enforcement is a national trend spurred by grassroots efforts around the country, and FBI employees have joined this movement, volunteering in a wide variety of community-related efforts. ★

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The Spats

by Jeff Pickering

IT'S NICE OUT!!

I THINK I'LL LEAVE IT OUT.

PICKERING

Amber Waves

by Dave T. Phipps

AHH GEEZ, I LOOK ROUGH. I GOTTA MAKE SOME CHANGES.

HMM, MAYBE A NEW HAIRSTYLE AND FACELIFT FOLLOWED BY A RIGOROUS WORKOUT REGIMEN?

YEP, THAT WOULD DO IT. THROW IN SOME FANCY NEW DUDS AND I'LL LOOK LIKE A MILLION BUCKS.

AH HECK, WHY MESS WITH A CLASSIC.

Out on a Limb

by Gary Kopervas

MY DOCTOR TELLS ME I'M OVERWEIGHT. I PREFER TO THINK I'M CALORICALLY UPSCALE.

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TIGER

by **BUD BLAKE**

RIGHT HERE'S WHERE THAT SKUNK GOT STRIKE!

THIS IS WHERE WE GOT THE POISON IVY. REMEMBER?

HERE'S THE MUD HOLE WHERE I LOST MY SHOE

HERE'S WHERE THAT BIG SNAKE SCARED US!

THIS SWAMP IS BUG HEAVEN!

I KNOW WHY PEOPLE INVENTED INDOORS!

BUD BLAKE

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POPEYE
By KIMBLE THEATRE PRESENTS

THE SEA HAG HAS BROUGHT POPEYE TO THE KINGDOM OF THE PAST HIS SISTERS DOMANI AFTER MUCH GREGGION FROM DAVE JONES. POPEYE'S UNCLE.

GOOD LUCK POPEYE! I BROUGHT YOU HERE, JUST AS I PROMISED!

OF COURSE, I NEVER PROMISED TO BRING HIM BACK HOME! HA!

ME EVERLOVIN' OLIVE OY!

POPEYE!

WE WERE SAVED BY A BROAD NAME! AFTER AN INGREDIENT?

SEA HAG'S SISTER... DIDJA?

SHE'S ALIVE. I TALKED TO HER DAUGHTER.

"SHE CONVINCED ME A BETTER PUNISHMENT WOULD BE MAKING HER DO HER JOB."

AT LONG LAST, POPEYE HAS ARRIVED TO THE KINGDOM OF THE PAST TO FIND OLIVE AND HER NEW PALS WAITING PEACEFULLY!

"I THINK THE ROYAL COFFERS CAN SPOT THIS CITIZEN A BIT OF GOLD TO FIX UP HIS CAVE. RIGHT, MOM?"

BUT WE NEED TO GET THESE THREE, AND A RANCH MORE BACK TO SWEETHAVEL. MOST OF THEM HAVE NOWHERE ELSE THEY CAN RETURN TO.

ARE WE GONNA LOOK FOR MR. MANDRAKE?

I'M PRETTY SURE YOU THREE SENT MANDRAKE TO A DIFFERENT REALITY, BUT DON'T WORRY.

IF ANYONE CAN GET HOME FROM THAT IT'S HIM. I'M SURE HE'S MAKING NEW FRIENDS.

TAR AWAY...

WILL YOU PLEASE STOP LOBBING BACKS AT ME?

WILL YA STOP BEIN' RUDE AND ACCEPT THE NOSGIN GIFTS I GIVE YOU?

IT'S GONNA BE A LONG DAY.

POPEYE

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Line in sidewalk is moved. 2. Window/ill is missing. 3. Rear car window is smaller. 4. House window moved. 5. Man is thinner. 6. Briefcase is larger.

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2. Relating to armpit
3. "...and many ____"
4. Detected
5. *Like 16
6. Hiking sandals of a certain brand
7. Of the present month
8. *Greeting to the birthday honoree, sometimes
9. Bassoon cousin
10. Misery cause
11. Canny
13. Dated tunes
14. Make a logical connection (2 words)
15. Runs without moving
22. Lumberjack's tool
23. Another word for nutria
24. Look forward to
25. Not as old
26. George Lucas' warrior-monk
27. Concentration of a solution lab test
28. Shrek and Fiona, e.g.
29. Cotes du ____, wine region
32. Online room
33. As opposed to mishap
36. **"We want your presence, not your ____"
38. New Zealandian

minority

40. Cuban dance syllable
41. *Quench it with punch
44. Precedes desist
46. Antonym of descent
48. *Traditional birthday celebration
49. Sleeper's woe
50. Up, up and there
51. Level a building
52. Crescent point
53. Colorful fish
54. Greet the judge, e.g.
55. March Madness org.
56. Pronoun



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Kings Korner

By V.G. Harris

Mentorship Counts

By V.G. Harris

How does it feel to score 175 points in an NBA game and lose?! Just ask the L.A. Clippers how it feels.

On Feb. 24, 2023, the Clippers ran into a juggernaut by the name of the Sacramento Kings and lost a double overtime game by the score of 176-175.

The Clippers shot a sterling 31 for 36 from the free throw line that night, but just two more made free throws would have won that game.

I was at that game and will never forget it. Domantas Sabonis held down the paint and contributed 20 points and 10 boards which is basically just a day at the office, but first-time all-star DeAaron Fox went off with 42 points and 12 assists to steal the show.

Well, DeAaron is gone and waiting in the wings is someone everyone is hoping will step in and fill those ever so large shoes. Yes, that would be Darius Acuff Jr., and the only question is, do the Kings have the organizational skills to bring this bright young player along at the right pace so as to give him the confidence needed to succeed at basketball’s highest level.

If we are to believe what we hear and read, Sacramento intends to put this 19-year-old into the starting lineup from the get-go and let the chips fall where they may.

I am not necessarily opposed to the idea of letting Darius run the point from the opening bell, but with conditions and maybe a caveat or two.

Any ball player with one year of college basketball under his belt will have some accelerated courses to take in earnest if success is to be expected.

First and foremost, comes mentorship and where is that going to come from, because the current coaching staff does not fill me with trust and admiration.

Coach Christie still has on his water wings, and for all the bravado of how the Kings are going to play defense, at this date I haven’t seen a blueprint that lends acumen in that direction.

Yes, I want this coaching staff to succeed, but I also want to see something tangible that shows the fans that this staff actually knows *how to coach!*

Just the basics sports fans, like team defense

and maybe a lesson or two in how to shoot free throws.

I am so tired of hearing that Zach Lavine and Domantas Sabonis can’t play defense when they are the two highest paid players on the team.

How did they ever get to be all stars and never play defense?

Of course they can play defense, but what ever happened to the concept of team defense that seems to be an unspoken term?

Back to basics gentlemen and start creating the identity you want. It *is* achievable and would be if you would stop listening to the collective NBA naysayers that would have you believe that Sacramento Kings have no chance of winning 30 games.

How is a coaching staff supposed to instill positive energy into a squad that has no expectation of winning games?

How about preaching your own version of winning games and then laying out the map as to how you get there.

The Wizard of Westwood and that would be John Wooden won 10 NCAA championships in 12 years and led his club to four 30-0 seasons before he retired.

We won’t be confusing Doug Christie with John Wooden and time soon, but is there something to learn here aside from the fact they both coached basketball teams in the state of California?

Yes, I believe it starts with celebrating the veteran talent you have on the current team today.

Stop with the negative about what you don’t like about Zach Lavine and Domantas Sabonis and start celebrating what they bring to the table.

A lot of youngsters need to immerse themselves in the etiquette of how to compete against other NBA teams, and both Sabonis and Lavine have more than just a tad of experience in that regard.

Double down on that, use their leadership to your advantage, and start preaching the mantra of what home court advantage is supposed to mean. Set the expectation of winning when a visitor enters Golden One Arena and heighten the expectation of *lighting the beam!*

The youngsters need mentors and we have some to celebrate!

All the best! ★

Tech Devices in California’s New Cars Create Thorny Political Issues



By Dan Walters,
CALMatters.org

Automobiles have gradually evolved over the last two decades from mechanical devices into electronic platforms featuring computer screens and numerous other digital capabilities.

A few years ago, the California Air Resources Board began requiring automakers to install devices in vehicles to record and store operational data that the agency could access to determine how well emission reduction programs were working.

It was one aspect of the state’s announced goal of phasing out cars and trucks powered by gasoline and diesel fuel and replacing them with zero-emission vehicles.

The auto industry opposed the data collection mandate, arguing it would violate the privacy of vehicle owners. At one point the industry threatened to stop producing cars for California.

The agency insisted it would not collect data involuntarily. But its regulation fueled — pun intended — suspicions in some quarters that recording how and where cars were being used would allow them to be tracked, much as cellphone usage can be traced.

Or, some said, as gas and diesel use declined and gallonage taxes dropped, the

state could begin charging drivers by miles driven, based on their recorded data.

As the data collection mandate was being implemented, another aspect of the situation surfaced — fears that the tracking software to help motorists obtain help in emergencies, such as General Motors’ OnStar system, could be misused by abusive spouses to find and attack their mates.

Two years ago, the Legislature and Gov. Gavin Newsom enacted a law aimed at countering that potential abuse. Senate Bill 1394 required automakers to provide an internet process by which a “connected vehicle service” could be quickly terminated. Those seeking termination would have to prove they either owned the vehicle or possessed it via a divorce decree or domestic violence restraining order.

That was the relatively easy part of SB 1384.

The more contentious portion of the law required new cars to be equipped with a “mechanism that can be used by a driver who is inside a vehicle to immediately disable connected vehicle location access.” The mechanism had to be “prominently located, easy to use, not require access to an online application, not require a password or login information, and only allow re-enabling of the connected vehicle location access by a driver who is located inside the vehicle.”

The deadline for meeting that requirement was last week. The industry has insisted that was, from a practical standpoint, impossible to meet because it is a

complex engineering problem that involves dozens of different auto models, and automakers would have to maintain existing electronic tools, such as GPS navigation, and helpful services, such as OnStar.

Without a change in the mandate, the industry’s lobbyists warned, automakers could be compelled to suspend sales in the state, echoing a threat they made about the Air Resources Board’s data collection mandate earlier.

It was something of a political standoff until Senate Bill 719 emerged from backroom negotiations late last month. Just one day before the deadline, Newsom signed the bill that narrows the application of the requirement, eliminates the hard deadline for it and substitutes a series of deadlines tied to model years and “technological feasibility.”

Thus it is impossible to say for certain when, if ever, cars will be equipped with the ability to disconnect location tracking software.

These two instances imply that the conversion of the automobile from a mechanical device to an electronic one has created a bottomless well of potential issues involving privacy, governmental regulation and the politically heated topic of how California would change the way motorists are taxed once the gallonage taxes on fuels disappear, if they ever do.

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. ★

Social Security Matters

When Should My Wife File for Spouse Benefits?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: My wife is 66 (born February 1960) and started taking Social Security retirement benefits just over one year ago at age 65. She was a stay-at-home Mom for most of her adult life. I turned 62 this past March and received my first SS payment recently for a May 2026 start. We are scheduled to meet with SSA in late July to initiate spousal benefits because my wife’s current benefits are less than 50% of mine. We also have an adult disabled son who receives Supplemental Security Income (SSI) and Social Security benefits (this split in benefit sources happened after my wife filed - that whole process was confusing and we don’t understand it). My question relates to spousal benefits (I was a career finance person but don’t completely understand these rules). We were going to file in July but is there any benefit to waiting until she turns 67? And will her 50% benefit be 50% of my lower benefit due to my filing at 62 or is that based on another amount? Signed: **Confused Finance Guy**

Dear Confused: First, be aware that your wife’s spousal benefit will be based on her age when she claims it, and half of your full retirement

age, or “FRA,” amount (although you claimed at 62, her benefit as your spouse will still be based on your FRA entitlement).

Because she claimed her SS retirement at 65, your wife will not get 50% of your FRA entitlement; rather she will get her own reduced SS retirement benefit (which was reduced by about 13% from her FRA entitlement) plus a “spousal boost.” The amount of that “boost” will be the difference between her own FRA entitlement and half of your FRA entitlement, but that boost amount will also be reduced because she will be claiming in July before her FRA.

Your wife will reach her FRA in February 2027, so by claiming her spousal boost in July her boost amount will be reduced by about 5%, and the “boost” will be added to her already reduced SS retirement about. The result will be your wife’s benefit as your spouse will be less than 50% of your FRA entitlement. And, FYI, your wife will be automatically deemed to be filing for her spousal benefit (she will not be able to defer claiming it).

As your son is now collecting SS benefits based on your wife’s personal SS record, you should ask Social Security to switch him over to payments based on your record (because you have the higher SS benefit). FYI, because your son is now receiving SSI (Supplemental Security Income), the SSDI (SS disability) benefit he receives will offset by his SSI benefit, and the payment amount will consist of two sources - SSI and SSDI. Nevertheless,

he cannot get more than 50% of your SS retirement amount and will likely be affected by the Family Maximum which may further reduce his SSDI entitlement.

Your wife’s benefit as your spouse will also be affected by the “Family Maximum,” which limits how much can be paid on any one person’s SS record (on your SS record). That also means that your wife will not get a full 50% of your FRA entitlement; rather she will get less because the family maximum limits how much all your dependents can receive to somewhere between 50% and 88% of your FRA benefit amount (after subtracting your own SS entitlement). That also means that your son’s SS payment, as well as your wife’s SS payment as your spouse, will be reduced to less than 50% of your FRA entitlement. SSA will be able to guide you through the Family Maximum calculations for both your son and your wife when you meet.

To recap all of this: a) your wife will be automatically deemed to be filing for her spousal benefit; she cannot delay until her FRA. b) her amount as your spouse will be less than 50% of your SS FRA entitlement. And c) both your wife’s and your son’s SS benefit will likely be also affected by the Family Maximum and, thus, be less than half of your FRA entitlement. Nevertheless, it was likely the right decision to claim as you have, considering that your son and wife have been receiving SS benefits for some time now, and both will continue to receive more as your dependents. ★



Congress has been known to slip indefensible special-interest provisions into large must-pass bills when no one is looking. What it has never done before is use such sleight of hand to hand over control of the U.S. military to a foreign country. But that’s what we’re told is on the verge of happening on Capitol Hill.

The House just passed the National Defense Authorization Act, a sprawling \$1.15 trillion bill that supposedly includes a provision buried in it “merging” the U.S. and Israeli militaries.

This provision, known as Section 219, has united some of the most fervent anti-Israel conspiracy theorists on the right and the left in denouncing the alleged betrayal of America, from Marjorie Taylor Greene to AOC, from Tucker Carlson to Cenk Uygur.

AOC has warned that the provision “is an existential threat to American sovereignty and democracy.” Marjorie Taylor Greene has said anyone who voted for the bill “sold out the American people to a foreign country.” Tucker Carlson wants literal treason trials.

So what is the substance of Section 219? Legislation often has obfuscatory titles, but this provision is deemed, with admirable clarity, the United States-Israel Defense Technology Cooperation Initiative. It calls for the secretary of defense to designate “an executive agent”

The preposterous case against the new defense bill

to coordinate between the U.S. and Israel on “bilateral defense technology research, development, testing, evaluation, integration and industrial cooperation.” The Pentagon will come up with a plan for such cooperation and report back to Congress.

That’s it. There is nothing about merging the general staffs of the U.S. military and the IDF; nothing about creating a joint office where Defense Secretary Pete Hegseth and his Israeli counterpart, Israel Katz, work together; nothing about giving Bibi Netanyahu partial control of CENTCOM.

That the United States would want a close working relationship with Israel on military technology is hardly surprising. Israel is one of the world’s most innovative societies and, given its precarious security environment, has become a leader in advanced defense technologies.

That a nefarious interpretation of the bill has gotten some traction underlines how any preposterous lie, so long as it’s about Israel, gets a hearing these days. Like many conspiracy theories, this one depends on a dark view of American society. We are allegedly so corrupt that we are handing control of our military to a foreign country without any senior military leaders or officials in an “America First” administration lodging a complaint. No wonder Tucker Carlson wants the kind of tribunals that attended the end of World War II.

At the first Nuremberg Trials, Wilhelm Keitel was found guilty of crimes against humanity

and hanged; at the second Nuremberg Trials, Mike Johnson will be found guilty of supporting mutually beneficial technology sharing between allies -- means of execution yet to be determined.

One perversity here is that Netanyahu conceives of the technological cooperation as a substitute for the U.S. military aid that he supports phasing out. In other words, enemies of Israel oppose U.S. military aid, and when a constructive plan is offered for how to go about ending it, they oppose that, too, as an Israeli plot.

Another perversity is that the U.S. should want a very close relationship with Israel on missile defense, an area where Israel excels and that, as we’ve seen in the Ukraine and Iran wars, is crucial to modern warfare. And yet, the same people who portray themselves as zealously protective of the U.S. national interest want us to turn our back on a source of technological advance.

Israel naturally fits in the Western alliance, but nations ultimately pursue their selfish interests. If we spurn the Jewish state out of irrational animus, it will inevitably look elsewhere and perhaps build a stronger relationship with China. Then we will surely be told by the critics now obsessed with ending the U.S.-Israel relationship that Israel has shown its true colors and deserves even more of our scorn.

Rich Lowry is editor of the National Review.

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Be a Dog with a Bone

You may not be the biggest or the prettiest dog in the pack, but if you the secrets to success, fulfillment, and happiness, then **Peggy McColl** says you can grab it all with gusto. Her bone is her dream, and you can have yours too with her book **“Be A Dog With A Bone.”** Peggy says dogs can teach us a lot about reaching our goals, so roll over the following tips and find out how to grab your own goals and dreams and roll in the bliss of success and contentment.

1. **WHAT IS YOUR BONE...YOUR GOAL?** A dog knows a good bone when he sees one and goes for it. Chomp on your goal, chew it over, then grab hold and ignore that little voice that says you can’t.
2. **BE A LITTLE DOG WITH A BIG ATTITUDE.** Don’t think small. Dream big! Be excited about your goal, feel entitled to achieving it, and experience the feelings you’d feel if you’d already reached it. Think little lap dogs barking at a big German Shepard,
3. **GET OUT OF THE DOGHOUSE.** Be courageous and believe in yourself. See challenging times as a terrific opportunity to leave behind the security of what you once knew and look again at what you might create for yourself.
4. **ONLY INGEST THINGS THAT ARE GOOD FOR YOU.** A little poison called negativity can strongly affect you. If looking at all the obstacles facing you is making you sad, angry, or scared, stop!
5. **LEARN NEW TRICKS.** We’re

always having to learn something new. Stop thinking “it’s too late” or “I’m too old.”

6. **BARK FOR WHAT YOU WANT.** Don’t be shy. Speak up for yourself. If you want people to help you, approach them and ask.

7. **DON’T CHASE YOUR TALE.** Let go of behaviors that are not serving you anymore. Take a look at your habits that are holding you back, and let go of them.

8. **WHEN YOU THINK YOU’VE REACHED THE END OF YOUR LEASH, GIVE YOURSELF A LITTLE MORE LEASH TO WORK WITH.** Think positive thoughts and stretch past your comfort zone. Stop believing that your power to change your life is limited.

9. **WAG YOUR TALE!** The more you feel happiness and appreciation for what you have, the easier it will be to achieve your goal. Look at all that’s working in your life already.

10. **KEEP YOUR NOSE WET.** Stay healthy. You’ll need to feel good and have stamina if you want to reach your goals. Eat well, exercise, and get your rest...take a nap.

And because we have all been attentive, Peggy has a bonus treat for us!

Lap up your success. Get excited and celebrate your successes! If you do, it will lead to more successes! A dog can be deliriously happy over a bowl of water, and lap it up eagerly!

So lap up life and hang on to your bone with much relish and of course **BE HAPPY!** ★

Defendant Sentenced for Shooting at Officers in North Highlands Police Standoff

Sacramento County District Attorney’s Office News Release

SACRAMENTO, CA (MPG) - The Honorable Deborah Lobre sentenced Daniel Murphy to 44 years in prison. On June 18, Murphy was convicted by a jury of three counts of assault with a firearm on a peace officer with a use of firearm allegation found true. Murphy was also convicted of negligent discharge of a firearm. The jury found true aggravating factors: the crimes involved great violence, great bodily harm, threat of great bodily harm, or other acts disclosing a high degree of cruelty, viciousness or callousness and the defendant engaged in violent conduct that indicates a serious, danger to society.

On March 29, 2023, a resident called 911 to report gunshots coming from his neighbor’s apartment unit, later identified as the home of Daniel Murphy. When responding Sacramento sheriff’s deputies arrived on scene, they heard more gunshots coming from Murphy’s home and called for additional units, including SWAT and the crisis negotiation team.

Murphy ignored law enforcement’s



calls to exit the home and instead fired his gun at the officers through a window and wall. Over the course of six hours, Murphy fired at officers no less than 24 times. He struck a patrol car where deputies were taking cover and an armored vehicle where a deputy was seated. Murphy exited his home after law enforcement deployed tear gas canisters and a police K9. A search of Murphy’s apartment revealed two handguns, a shotgun and more than 60 empty shell casings. Deputies never returned fire and no neighbors or deputies were injured. ★



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Congressman Thompson and Assemblywoman Krell Host ‘Ask Me Anything’ Town Hall

Continued from page 1

said Thompson. “I will work with anyone to fight for the people of our district because gas prices are too high, ICE is unchecked, and we are getting dragged into another forever war. Thank you to everyone who joined me in Elverta for these crucial conversations”

“Tonight was about connecting with the community and standing with a long time leader in Congress, Congressman Mike Thompson,” said Assemblymember Krell. “I am grateful for the Congressman’s commitment to understanding the issues that matter to our district. He has been a tireless advocate for working people, and I look forward to continuing to partner with him for the betterment of our region, state and nation.”

As part of Congressman Thompson’s ongoing commitment to hearing from his constituents, he has hosted more than 40 town halls, community

coffees and “Meet and Greets” across the Fourth Congressional District.

Congressman Thompson is running for reelection in the Fourth Congressional District, where he was born, grew up, and continues to live, which contains parts or all of Colusa, Lake, Napa, Placer, Sacramento, Sonoma, Sutter, Yolo and Yuba Counties.

Congressman Thompson is a member of the House Ways and Means Committee, which has jurisdiction over health care, tax, trade, Social Security and income security issues. Congressman Thompson is the Ranking Member of the Tax Subcommittee and a senior member of the Health Subcommittee. He is also a member of the fiscally responsible Blue Dog Coalition and a combat veteran. To learn more about Congressman Mike Thompson visit mikethompsonforcongress.com. ★



Why do mosquitoes bite humans for blood when they could just bite animals for blood?

- Neve, 12, Ohio

Dear Neve,

When I sit around a campfire with my human friends, we’re all swatting mosquitoes.

I asked my friend Jeb Owen about that. He’s an insect scientist at Washington State University.

He told me that most mosquitoes bite non-human animals.

“A very small number of species bite people,” Owen said. “Most mosquitoes are relatively specific. They bite a narrow range of animal types.”

There are nearly 4,000 species of mosquitoes in the world. Usually, they sip nectar from flowers. But sometimes female mosquitoes crave something special: a blood meal. They need the proteins, fats and iron in blood to make eggs.

Animal blood isn’t all the same. It has different amounts of water, fats and cells. It always has proteins made of amino acids. But the mix of amino acids is different in different animals.

A mosquito that normally feeds on bird blood might not get the right amino acids from drinking human blood. That might make it hard or impossible to make eggs.

So, mosquitoes have adapted to feed on specific animals.

First, mosquitoes need to find the right animal. They sniff out the carbon dioxide that animals exhale.

“They fly upwind through that cloud of CO2, kind of like a hound dog tracking the scent of an animal on the ground,” Owen said. “They’re tracking our scent through the air until they get close enough to smell other smells that we have.”

Those smells are volatile chemicals. Your mix of volatile chemicals comes from what you eat and what microbes live on

your skin.

Mammals like us smell different from birds. Birds smell different from reptiles or amphibians. Even different species in the same group emit different scents.

A mosquito knows the correct smell for its host animal. So, when the receptors on its antennae and mouthparts pick up the right combo of smells, it locks in on the target.

Now it’s time for the mosquito to get to work.

“When mosquitoes arrive, they use these long cutting mouthparts to cut a hole into the skin and the blood vessels to extract blood,” Owen said. “When that happens, there are essentially alarm signals that go off in the body at the cellular level. Those particular responses are unique among different animals.”

The alarms send messages in the animal’s body. They tell it to clot the blood. They urge the immune system to crank out fighter cells. That’s important because some mosquitoes carry pathogens that can make you sick.

When the body responds to those alarms, the bite gets red and itchy. That might make the

animal swat the mosquito.

That’s not great for the mosquito.

So, mosquitoes adapted their saliva. It contains chemicals that stop clotting and slow down the immune response. It also blocks the pain of the bite.

“Mosquitoes have evolved a salivary pharmacy to block or suppress all of your defenses,” Owen said. “Each animal species has a unique tweak on its defenses. If a mosquito wants to use blood from that animal, it has to evolve salivary chemistry to deal with that animal’s defenses. That means her salivary chemistry only works for that animal.”

Nobody loves getting bit by a mosquito. But they’re important members of our ecosystem. They pollinate and keep some animal populations in check. They make a great dinner for birds, fish and other animals. And the baby mosquitoes that hatch from those blood-fed eggs will cycle nutrients in our water.

They’re complicated animals. And they really leave me itching to know more about them.

Sincerely,

Dr. Universe

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