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SEPTEMBER 11, 2026

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Nonprofits Celebrate America’s 250th

Capitol Rose Garden Hosts Distribution of 40,000 Pounds of Food

Nonprofit organization Asian Resources Inc. pose with the packaged foods outside the JustServe booth. Photo courtesy of The Church of Jesus Christ of Latter-day-Saints

By Ryley Metten

SACRAMENTO, CA (MPG) - What better way to celebrate the 250th anniversary of America than to give back to the many communities in our country?

On Tuesday, Aug. 25, an America250 truck parked at the State Capitol Park World Peace Rose Garden on 15th Street and delivered

40,000 pounds of food to local nonprofits. The morning drop-off kicked off a larger Sacramento County distribution of over 150,000 pounds of food.

The Church of Jesus Christ of Latter-day-Saints has collaborated with America250 to deliver 250 truckloads of food to cities in all 50 states. As a result of this compassionate effort, communities all around

California will receive about 100 food trucks.

Robin Cook, a western states spokeswoman for the Church of Jesus Christ of Latter-day Saints spoke about the compassionate effort of this campaign.

“This is our way of celebrating America. By working together with people who are not always

Continued on page 2

Mud Race Benefits Adventure Playground

The Adventure Playground serves 7,000 kids a year with hands-on physical play: building forts, climbing trees, using tools and caring for animals, with computer screens forbidden. Photo courtesy of Fairytale Town

Fairytale Town News Release

SACRAMENTO, CA (MPG) - Kids will climb obstacles, drag tires and crawl through mud pits at the annual Dignity Health Dirty Kid Obstacle Race, hosted by Sacramento Adventure Playground, from 10 a.m. to 11 a.m. Saturday and Sunday, Oct.

10-11. The Adventure Playground is located at the Maple Neighborhood Center, 3301 37th Ave. in South Sacramento.

Kids 4-15 – and even some adults – will be challenged by a demanding course with numerous physical obstacles: climbing over walls, jumping haybales, crawling through a

mud pit, crawling through tubes, navigating balance beams and dragging tires. Course length, obstacles and difficulty adjust with age. The race is both fun and an important lesson in perseverance!

The race is preceded by the Dirty Kid Obstacle Race from 9 a.m. to

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Careers Take Flight at Mather

Destination Aviation gives students a hands-on look at aerospace and STEM careers

Princess Stoebe was one of four winners in the California Capital Airshow's 2026 Destination Aviation essay contest, earning an introductory flight. Photo courtesy of Mark E. Loper Photography

By Omella Rossi

MATHER, CA (MPG) - Princess Stoebe had never flown an airplane before Saturday. By the time the Clarksville Charter School sophomore climbed out of the cockpit at Mather Airport, a long-time goal of becoming a U.S. Air Force fighter pilot had moved a little closer to reality.

Stoebe was one of four winners in the California Capital Airshow's 2026 Destination Aviation essay contest, earning an introductory flight before a free event that brought over 300 middle and high school students to Hangar 6 on Aug. 22 to explore careers in aviation, aerospace and science, technology, engineering and math.

“I was delighted when I found out I had won,” Stoebe said. “It was my first time flying, so that was great. I’ve always wanted to get into aviation, but now it’s made me even more determined.”

Destination Aviation, part of the California Capital Airshow's year-round youth outreach, gave students ages 12 to 18 a chance to meet industry professionals, try flight simulators, examine aircraft and vehicles, and interact with working aerospace equipment and technology prototypes.

California Capital Airshow CEO Darcy Brewer said the program is designed to show students how broad aviation and aerospace careers have become and introduce them to jobs they may not

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Revere Court Harvest Festival Raises Alzheimer’s Awareness

Revere Court
Memory Care
News Release

SACRAMENTO, CA (MPG) - Revere Court Memory Care’s Annual Harvest Festival is a celebration at the end of Assisted Living Week. Assisted Living week is a wonderful opportunity to recognize the importance of assisted living and the essential role it plays in the long-term care continuum. It celebrates the unique journeys, stories, and contributions of residents while honoring the dedicated caregivers and staff.

At this event, from 1 to

3 p.m. Friday, Sept. 18 at 7707 Rush River Drive, we will offer games, a petting zoo, live entertainment by local jazz entertainer Nat Brown, delicious festival foods (for purchase with donation to the Alzheimer’s Association), “Revere Court Rebel” Walk to End Alzheimer’s T-Shirt sales and sign up to join our Walk Team! All donations will go to The Alzheimer’s Association. Cash only please.

There are approximately 13 million caregivers caring for someone 50+ years old who have some form of memory loss; they are not alone. At Revere Court

Memory Care, we understand that dementia affects whole families. Each person with memory loss and his or her family experience different challenges and needs, which vary at different times during their journey.

Revere Court Memory Care is a state-of-the-art community providing quality of life to persons with Alzheimer’s and other dementias, and to their families who care for them. At Revere Court, we realize that each family needs different services at different times. That is why we’ve designed a whole spectrum of programs to

meet those changing needs.

For families looking for services out of the home that offer their loved one the opportunity to be with others in a safe, stimulating and happy environment, Revere Court offers three different services at our beautiful and secured 31/2-acre campus in Sacramento’s Greenhaven/Pocket Area, including Revere Court Day Club, Respite Care and Residential Care.

Revere Court is focused on educating the public about Alzheimer’s disease and other informative topics. Learn more at reverecourt.com.



A previous Revere Court Harvest Festival featured an alpaca in the petting zoo. Photo courtesy of Revere Court Memory Care

Nonprofits Celebrate America’s 250th

Continued from page 1

like us. America is great because we have always been a country that comes together when we confront difficulties. We could have just dropped the food off at a warehouse of a big food bank; instead, we decided to try a little harder and connect with our fellow Americans in joint service,” Cook said.

Parked on 15th Street, the America250 semitruck unloaded commodities such as rice, peanut butter, potatoes, flour, sugar, pudding, carrots, onions, pasta, tomato sauce and other staples. 27 local non-profit organizations and religious

organizations then picked up the food following a speech which praised the efforts of the campaign and volunteers.

In the speech’s welcoming remarks, Mayor Kevin McCarty addressed the American people and thanked the organizers of the event for bringing food to families in need.

“As we celebrate 250 years of this amazing country, the United States of America, at 175 years of statehood, I wanted to thank the organizers and JustServe and the America250 Coalition for thinking about Sacramento. For thinking about our

city, our Capital City. So, we appreciate the effort to help families in need here, and we reflect on how we’re all one community here in this Capital City of Sacramento,” said McCarty.

Director of Operations at the Sunrise Christian Food Ministry, April Jacek explained that this is one of the many contributions that her organization volunteers for to give back to the community.

“We were also in The Giving Machine at the Roseville Galleria. It is a beautiful ongoing relationship that we have with the community, with the LDS

church, we have service missionaries that come serve at the food closet, so it’s a win all the way around,” said Jacek.

Elected officials also gathered at the event to help with the distribution and address the organizers. 10th District Assembly Member, Stephanie Nguyen, explained the immense impact the food being donated will have on families in need.

“I think any family seeing a list of the items that are being distributed would just be over the moon at how they can hold onto some of these items for a while and don’t have to use right away,” Nguyen said.

This humanitarian campaign is especially important now, not only

is it the 250th anniversary of America but American families are struggling now more than ever to put food on the table. Food banks across the country report demand far above pre-pandemic levels, with working families, children and seniors making up a large share of those seeking help.

“This is one of the most, amazing charitable undertakings you will ever witness. The scale of it is staggering, nationally 250 trucks, millions of meals, on a statewide basis, a hundred trucks here in this community in Sacramento County, 150,000 plus pounds, 40,000 just in that truck right here,” Congressman Kevin Kiley said while pointing to the

semitruck being unloaded by volunteers.

Kiley explained how this campaign is also an ode to hope and reminder that we are stronger when we come together.

“The number of organizations that have come together and collaborated to make this happen is truly inspiring. I think it provides hope, not just for the individual families who are in need but for all of us, that we can solve problems in a way that makes life better,” said Kiley.

As we burst fireworks on the Fourth of July and hang American flags outside the front porch, this campaign reminds us of what it truly means to be proud to be an American.

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Making Every Beat Count

Metro Fire strengthens the chain of survival with HeartSafe Community initiative

By Ormella Rossi

SACRAMENTO REGION, CA (MPG) - When every second counts, Sacramento Metro Fire wants more neighbors ready to answer the call.

A 19-year-old heard an alert on his phone, jumped on his e-bike and raced to a nearby park. Someone was in cardiac arrest. Before paramedics arrived, he began CPR.

For Sacramento Metropolitan Fire District officials, that response represents exactly what they hope to build across the region: a community where ordinary residents are prepared to help save a life.

Through its HeartSafe Community initiative and Citizen Responders Project, Sacramento Metro Fire is working to improve survival rates from sudden cardiac arrest by expanding access to automated external defibrillators, or AEDs, increasing CPR training and encouraging residents to use the PulsePoint AED app.

“Before any professional is actually helping, that is when the majority of people are dying,” said Capt. James Ellis, who helps lead the initiative. “The biggest bang for our buck, the thing that you can do to save most lives, is that time period from the incident until we get on scene.”

The effort officially launched in 2025, but Ellis said the idea began years earlier after his cousin survived a cardiac arrest while working as a white-water rafting guide on the



Since October, Metro Fire has trained nearly 1,600 people in hands-only CPR, compared with about 100 people annually in previous years. Photos courtesy of Sacramento Metro Fire District

American River.

“He recognized something was wrong, grabbed an AED from his raft and collapsed moments later. Crew members performed CPR and used the device to restart his heart,” said Ellis.

The experience led Ellis to explore why AEDs were often locked inside buildings and unavailable

when parks and public spaces were closed. As he researched solutions, he discovered the national HeartSafe Community model and realized Sacramento could benefit from a coordinated approach.

At the same time, Metro Fire data showed cardiac arrest survival rates in the greater Sacramento region

were below the national average.

Metro Fire formed a working group that includes Ellis, Community Relations Specialist April West and Director of Government Affairs Kyle Macdonald. The team presented the concept to the district’s board last fall and received strong support.

“We really do view this

as an agency priority,” Macdonald said. “This is something that we’re excited to keep working on.”

One major focus is expanding public access to AEDs.

In November, the Cordova Recreation & Park District and Sacramento Metro Fire celebrated the installation of the district’s first publicly accessible AED cabinet at Hagan Community Park.

In May, members of Leadership Citrus Heights class also unveiled an AED at Rusch Park as part of their class project. Additional devices have since been installed at parks throughout the region.

Metro Fire currently knows of nine publicly accessible AED locations, most of them in parks, and expects that number to continue growing.

The district is also building an AED registry through the PulsePoint app. Residents can use the app to locate nearby AEDs, while trained users can receive alerts when a cardiac arrest occurs nearby.

“If we can drastically increase the number of people using the app, we’re going to increase the chance that people are going to survive,” Ellis said.

Education is another key component.

Without CPR, survival chances decrease by roughly 10% every minute after a cardiac arrest.

Metro Fire officials say bystander CPR can significantly improve outcomes, and combining CPR with an AED can improve survival rates even more.

Since October, Metro Fire has trained nearly 1,600 people in hands-only CPR, compared with about 100 people annually in previous years.

“We can train anybody to do hands-only CPR in 10 minutes or less,” Ellis said.

Fear is often the biggest barrier, officials said.

“People are not afraid to act. They’ve never been in that situation. They don’t know how they’re going to act,” Ellis said.

His message to hesitant bystanders is simple: do something.

“If somebody doesn’t make that call, that person doesn’t have a chance,” he said. “Think about it if it’s your loved one or yourself. What would you want?”

Looking ahead, Metro Fire hopes to train more residents, expand AED access in schools and neighborhoods, and eventually help communities throughout the district earn HeartSafe Community recognition.

“We know we can’t do this alone,” Macdonald said. “The more we can create awareness and demystify CPR and AEDs for folks, the better. This is really about helping create a safer community.”

For more information and to get involved visit metrofire.ca.gov/citizen-responders. ★



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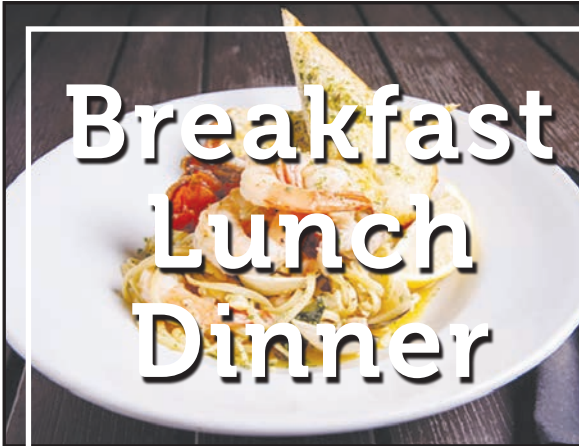
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Careers Take Flight at Mather



Destination Aviation, part of the California Capital Airshow’s year-round youth outreach, gave students ages 12 to 18 a chance to meet industry professionals, try flight simulators, examine aircraft and vehicles, and interact with working aerospace equipment. Photo courtesy of Mark E. Loper Photography

Continued from page 1

yet know exist.

“If you can’t see it, you can’t be it,” Brewer said.

Brewer said the organization has expanded its youth programming as technology has changed the industry, with students now learning about fields including drones, electric vertical takeoff aircraft, sustainable fuels, autonomous systems and artificial intelligence.

The event’s panel included retired Air Force Col. Merryl Tengesdal, the first and only Black woman to pilot the U-2 reconnaissance aircraft; Skye Carapetyan of Siemens; Lawrence Livermore National Laboratory research scientist Michael Zelinski; and Sacramento City College Dean of Technology and Innovation Paul Estabrook.

Throughout the discussion, panelists emphasized that technical knowledge is only part of preparing for a career in aviation

or STEM. They encouraged students to strengthen communication and interpersonal skills, maintain a positive attitude, arrive on time and build a foundation in subjects such as math and physics.

Panelists also urged students to begin building connections and gaining experience now by joining clubs or organizations with others who share their interests, attending events such as Destination Aviation and reaching out to professionals in fields they hope to pursue. They encouraged students not to be afraid to ask questions or seek help as they work toward their goals.

Sacramento County Supervisor Rosario Rodriguez told students that seeing those careers firsthand can turn curiosity into a goal.

“It is one thing to watch an aircraft fly overhead,” Rodriguez said. “It is another to stand beside it. Meet the people who fly it and maintain it and begin

to imagine yourself doing the same thing.”

Beyond the panel, students moved through exhibits featuring aircraft, simulators, equipment and technology while speaking directly with professionals about training, education and career opportunities.

For Stoebe’s father, Alexander Stoebe, watching his daughter take her first flight demonstrated the value of giving students that exposure.

“I’m very proud of her,” he said. “It gives the kids the opportunity to start, get a feeling for it.”

The California Capital Airshow has offered youth programs since 2010. Brewer said the free programs range from activities for elementary school students to internships and scholarships for older students.

The nonprofit’s annual California Capital Airshow is scheduled for Oct. 10-11, with proceeds helping support its youth programs. ★



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Kings Korner

By V.G. Harris

Welcome Ben Simmons

By V.G. Harris

Many of you have now been Sacramento Kings fans for literally decades, and discussions of playoffs have been a topic rarely heard in the city of Sacramento.

Enter new GM Scott Perry who has been promising changes with regard to bad drafts and trades that don’t make sense.

Although Perry has made a couple of moves that I strongly disagree with, the jury is largely still out as he has begun in earnest his quote, “rebuild.”

DeAaron Fox was traded not on his watch, but make no mistake about it, the decision to bring on the first overall pick in the 2016 draft is all about Scott Perry.

Sink or swim, the acquisition of Ben Simmons, albeit for only one year and a price tag of only 3.5 million, lands entirely in the lap of Scott Perry.

Just a week ago in this column I wrote that the possibility existed that the Kings may have interest in signing Simmons, who has had a checkered past to say the least, and now the suspense is over, and Ben Simmons is now about to become a full-fledged member of the Sacramento Kings family.

I am an ardent believer that any player attempting a comeback deserves his opportunity to allow the fan base see what he has in the tank, and I for one will not root against this player that has literally been injury prone for the entirety of his 10-year NBA career.

It is rare that an organization has the opportunity to acquire a player drafted No. 1 overall, and in the case of 6-foot-10 Ben Simmons he is coming to the Kings after sitting out the entire 2025-26 season.

The prevailing problem has been related to back issues for Simmons, but according to Simmons himself, he wasn’t going to try and mount a comeback until he was “bulletproof.”

The Kings recently worked out Simmons in Sacramento, and he had a meeting with Scott Perry that obviously went well.

Simmons stats are not eyepopping, but certainly worthy of taking note. Over a 10-year career spent with three teams, Simmons had a scoring average of just over 13 points per game, seven rebounds, seven

assists and 1.5 steals.

To his credit, although most widely noted for missing games due to injury, Simmons made the all-star team one time, and in 2021 was runner up for the defensive player of the year.

Aside from the perpetual injury bug, if there is one knock on this otherwise talented big man, it is his abysmal free throw shooting.

At an astonishing low 59 percent, he brings back memories of another talented big man who couldn’t make free throws by the name of Wilt Chamberlain. Wilt shot an almost unbelievable 51 percent from the charity strip, and like Shaquille Oneal he was known for his inability to make free throws when it counted.

Sadly, Ben Simmons is coming to a team that is typically dead last in free throw shooting, so who on the Kings team is going to step up and teach this 10-year veteran how to improve in an area that he clearly knows little about?

The Kings coaching staff?

If you thought all eyes were on Darius Acuff Jr., wait till you see Ben Simmons take the floor for the Sacramento Kings.

As I said before, I refuse to root against Simmons regardless of past problems, and I don’t believe the Kings would sign him to a contract of any length if they thought he wasn’t 100 percent healthy.

I want to close my eyes and imagine what a healthy Ben Simmons looks like playing alongside Domantas Sabonis, with a talented rookie point guard distributing the ball, and two capable three-point shooters on the wings in Zach Lavine and Keegan Murray.

Does this new lineup have potential? Absolutely it does, and once again it boils down to staying away from injuries and allowing a group of very talented players to develop chemistry and do what they do.

If you’re an ardent Kings fan it’s almost impossible not to get excited.

Look for an opening night that Sacramento hasn’t seen in years, and all of a sudden ticket sales just went up!

Stay tuned Kings fans because there is more to come.

All the best!

★

California’s Political Hopefuls Remain Silent on State’s Job Losses, Unemployment



By Dan Walters,
CALMatters.org

In two months California voters will elect a governor, fill several other statewide offices and choose a new class of state legislators and members of Congress.

The aspirants for those positions are making all sorts of promises to win voters’ approval. But few, if any, have mentioned a slow-motion menace affecting a fundamental facet of life: jobs.

The state has never fully recovered from the virtual shutdown of the economy during the COVID-19 pandemic. It still has more than a million unemployed workers. Its unemployment rate continues to be the highest, or nearly so, of any state. And its signature economic sectors, such as high tech and film production, have been shedding jobs for several years.

As ominous as those data points sound, a deeper dive into employment data reveals an even darker reality.

“California’s labor market is holding up, but its foundations remain troublingly narrow,” Justin Niakamal, research manager at Beacon Economics, said in a recent overview of the state’s economy. Healthcare is the only sector with strong employment gains, he noted.

While healthcare jobs are welcome, they are highly dependent on spending by

federal and state governments, and both have been cutting back. Moreover, while healthcare is a service industry, it does not create added-value wealth the way technology, film production and agriculture do.

Back to the data.

California’s stubbornly high unemployment rate — 5.1% in July — was second-highest among the states, behind Connecticut and Oregon, both at 5.2%. The rate is the percentage of the labor force that is not employed, even in part-time work, during the month.

The size of the labor force, as well as the unemployment figure, are important to note. Over the previous year, California’s labor force — people who are working or seeking work — declined by 286,300, according to the monthly Employment Development Department report.

To some extent, the labor force decline masks the actual decline in employment. Moreover, the widely quoted unemployment figure is simplistic: Even if someone is paid for working just a few hours in a month, he or she is counted as employed.

The federal Bureau of Labor Statistics makes several other computations of employment that are more sophisticated. One, called U-6, measures underemployment. It takes into account workers who want to work full time but can only find part-time work, as well as those who are “marginally attached” to the labor force.

California’s U-6 rate is a much more realistic measure of the job picture. It was calculated at 10.3% in June, easily the highest of any state.

The bureau also calculated

U-6 for New York City and Los Angeles County because their populations are larger than many states. New York’s rate was 10.2% while Los Angeles’ was 12.1%.

Those are high numbers but may still understate what’s happening — or not — in California’s job market.

The Ludwig Institute for Shared Economic Prosperity takes the U-6 underemployment calculation even further. It discounts jobs, even full-time work, that pay less than a living wage, which it pegs at \$26,000 a year. It calls its number the “true rate of unemployment,” saying it measures “functional unemployment.”

As one might suspect, Ludwig’s calculations for California — reported by major metropolitan area — are very high, especially in rural communities where agriculture is a primary source of jobs.

California’s highest “true unemployment” rate, according to Ludwig, is in Redding (67.4%). Other rural or semi-rural communities fall into the 50%-65% range. But some urban regions see high rates as well, such as 53.8% in the Los Angeles-Long Beach-Anaheim metropolitan area.

Only a few regions are under 50%.

Given these numbers, one might expect that California’s officeholders and office seekers would be telling us how they will respond. They are not.

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

Why change Social Security now? It’s a working “Ponzi



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: Maybe everybody has the same reaction that I do to Social Security insolvency. I do not understand a system that has been basically run like a Ponzi Scam since its Inception; why have you decided (in 2026-2027) that now is the time to change a perfectly good Ponzi Scam. In all reality, this began with Babylon. I’m sure that if you searched the meaning of the words “Babylonian money magic,” you would understand what I’m talking about. If this is as good as the Earth has, why would you mess with a perfectly rotten thing. Why would you decide to change currencies to some sort of fragile digital currency?

Signed: Skeptical Senior

Dear Skeptical Senior: You touch on an item that the AMAC Foundation has dealt with many times over the years, specifically the notion that Social Security has the characteristics of a Ponzi Scheme. Our position in response to that notion is that Social Security was created and operated with full transparency, with its financial

status, formulas, and long-term deficits completely and publicly documented, and reported to the President and Congress annually. Unlike the infamous Charles Ponzi, the government has a permanent pool of contributors through mandatory FICA and SECA (self-employment) payroll taxes and is designed to remain in operation infinitely as long as there’s a taxpaying workforce. Moreover, the Social Security system is overseen by Congress, specifically the Senate Finance Committee and the House Ways and Means Committee, and the Government Accountability Office (GAO). The Social Security Administration is subject to routine hearings by these congressional overseers and maintains an independent Office of the Inspector General to ensure the integrity of its financial operations.

Contrary to Ponzi victims, all participants retiring from the workforce (and their dependents) recover their Social Security contributions via benefit payments, some more than others based on their level of participation in the system. Also, contrary to Ponzi Schemes, Social Security was designed as a social insurance system and has operated successfully in that mode for over nine decades.

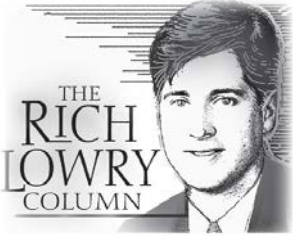
What raises the notion of a Ponzi Scheme comparison these days is the looming insolvency facing Social Security just six

years from now. This financial problem, however, has nothing to do with fraud. Rather, it is a function of workforce demographics and the fact that Congress has long deferred corrective action on a problem that has been known for the past four decades. We sometimes hear well intended (but sometimes uninformed) comments from some Washington politicians invoking the Ponzi Scheme reference, but we believe that Congress is finally waking up to the urgency. And we also believe Congress is now starting to move seriously to set a course for correction in time to ward off the impact of insolvency. AMAC is proud to be a part of the collective thinking currently surfacing, and our Social Security Guarantee is in play as a plan to be considered.

We invite you to review our SS reform plan (at <https://amac.us/social-security-guarantee>) and likewise to stay tuned to our Social Security Report website (<https://socialsecurityreport.org/>) where we post regular updates on a variety of matters pertaining to Social Security and retirement.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA).

★



President Trump’s tariffs aren’t popular, but he’s found a way to make them even less so -- a trade war with America’s most inoffensive ally.

When one thinks of countries that deserve to be subjected to a steady stream of insults (it’s Lake America now, not Lake Ontario) and a punishing regime of tariffs, Canada is far down the list.

Ottawa has been a loyal, if occasionally annoying, friend of the United States for nearly 100 years. The presence of a well-meaning country with similar values along the 5,000-mile border to our north is a gigantic geostrategic blessing, although one that is apparently lost on President Trump.

Both sides deserve blame for the breakdown in negotiations, but news reports suggest it was the U.S. that made additional demands at the 11th hour. Now both sides are imposing new duties on the other, and Trump is threatening 50% tariffs on all Canadian cars, trucks and parts beginning in the new year.

It is certainly true that we can impose more pain on the Canadians than they can on us and grind them down economically. We can also land the 101st Airborne in Nova Scotia. But why would we want to do it?

The contention with Canada is characteristic of Trump’s economically

A Foolhardy Conflict with an Inoffensive Ally

senseless, legally dubious and politically harmful push to tariff everything and everyone he can.

Trump’s imposition of all these duties -- often relying on strained interpretations of U.S. statutes -- has run directly counter to his promise in the 2024 campaign to reduce prices, a pledge central to his victory. Although the administration maintains that the cost of tariffs isn’t passed on to U.S. consumers -- instead borne by foreign countries and producers -- its actions implicitly concede the opposite.

The administration excluded an array of consumer electronics from new reciprocal tariffs on China to avoid unpopular price increases, and it lifted tariffs on a long list of food stuffs late last year. Twice this year, including about a week ago, the administration widened exceptions for beef imports. If tariffs were genuinely cost-free, none of this would have been deemed necessary by the most protectionist administration since that of Herbert Hoover.

A chief argument for tariffs is that they will revive American manufacturing. Even if this is true, it’s a long-term play, whereas the disruption from tariffs is experienced immediately. It’s also a questionable proposition; increasing the price of imported goods used in manufacturing, which is the effect of the scattershot tariffs, doesn’t do U.S. producers any favors. It is telling that the National Association of Manufacturers opposes the sweeping tariffs.

Polling consistently

finds that the duties are unpopular. Majorities oppose Trump’s handling of the issue, and the public believes that the tariffs have increased prices and should be lowered. The trade war with Canada in particular fares poorly. A YouGov survey found that 62% of people oppose the imposition of 50% tariffs on many Canadian imports.

At the end of the day, Trump has chosen a long-standing ideological goal and his legacy over his short-term political standing. He has advocated for major tariffs for decades and has finally gotten them. They are likely to endure, even if they hurt now. His most probable Republican successor, J.D. Vance, presumably wouldn’t roll them back, and the Democratic candidate in 2028 might be equally protectionist. Regardless, it’s going to be difficult for future presidents to give up the revenue generated by the duties.

And so a president who campaigned on lowering prices has embraced a policy that, at the margins, increases them. Unless things are smoothed over with our Friendly Neighbor to the North, there will be more where that came from -- in a dispute with a country that no one considers an economic threat to the United States.

If the midterms end up sending a broad message of discontent, the tariffs will surely be a reason why.

Rich Lowry is editor of the National Review.

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★

ABOUT TOWN

Area Museum Experiences
A sampling of must-see and must-do experiences and special activations offered by local museums include:

Sacramento History Museum – “Play Ball! Sacramento in the National Pastime.” The exhibition is filled with historical baseball uniforms, bats, balls, and gloves from different time periods, along with programs, tickets, awards and trophies, an Edmonds field base, home plate and ticket box, along with scrap-books, news articles, photos and more. Through October. Details at sachistory-museum.org.

California Museum – Alebrije Painting Workshop, 1-3 p.m. Sunday, Sept. 20: This Hispanic Heritage Month, dive into the colorful world of alebrijes, Mexico’s fantastical, vividly painted wooden creatures, and paint your own in a hands-on workshop led by Balam Arts. Ages 10 and up. Details at californiamuseum.org.

California Automobile Museum – Route 66: California Dreamin’: a colorful collection of rare and gorgeous vehicles celebrating the Mother Road through the lens of 100 years of history. Updated version of exhibit: Carburetor Corners, through yearend. Sunday Drives: 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. Details at calautomuseum.org.

California State Railroad Museum – Experience travel as it was over 100 years ago on a 45-minute, 6-mile trip in our fleet of historic railroad cars. Learn about the history of railroading in California.

Weekends through Oct. 11.

Polar Express, Nov. 13-Dec. 21: The evening begins in our passenger station where you will be entertained by THE POLAR EXPRESS™ characters, and then board your train to the North Pole where you will enjoy hot chocolate and a sweet treat. Once you reach the North Pole, Santa will come on board to give each passenger the first gift of Christmas, a silver sleigh bell.

The Chinese Railroad Workers’ Experience offers visitors a view of the Chinese workers who built the western portion of the nation’s first Transcontinental Railroad. Marginalized by history, the Chinese workers were more than a nameless group of laborers. Details at californiarailroad.museum.

SMUD Museum of Science and Curiosity Laser Concert Series – Grateful Dead, Sept. 18-19. Hallowscream: A Heavy-Metal Laser Show, Oct. 23-24. This immersive music experience, paired with spectacular full-dome lasers, is the best way to listen to your favorite artists outside of a live performance. Details at visitmosac.org.

Crocker Art Museum – Suzanne Adan, “I’m No Spring Chicken,” through Oct. 11. Adan (born 1946) creates personal universes that combine fantasy, popular culture and autobiography. Approximately 100 of these compelling works, in a variety of media, are included in this retrospective assembled in her 80th year. A native Californian, Adan was born in Woodland and raised in nearby Yolo. She earned her BA and MA from Sacramento State College in 1969 and 1971, respectively. It was there that she met her

husband, sculptor Michael Stevens, and became influenced by instructor Jim Nutt, a member of Chicago’s Hairy Who. Details at crockerart.org.

Elks Lodge 6 Events
Greenhaven-Pocket Farmers Market, 9 a.m.-1 p.m. Sundays through November: ghpfarmersmarket.com.

Sunday Morning Breakfast, 8:30-11 a.m.; \$15.
Martial Arts, 5 to 6 p.m. Mondays.
Sactown Swings: lessons, 7:15 p.m. Wednesdays, social dance, 8-10 p.m.
Wednesday Night Dinner, 5:30 to 7 p.m. See elks6.com for weekly menu.
Yoga, noon Mondays and 3:30 p.m. Wednesdays. ★

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Finding Capacity and Resilience

Exploring Somatic Therapy and Dream Work with Healer Nicole Lemaster

By Abbey Wicks

SACRAMENTO, CA (MPG) - Nicole Lemaster considers herself to be more than just a therapist. She considers herself a healer.

With more than a decade of experience, Lemaster is a Licensed Marriage and Family Therapist (LMFT) and a Somatic Experiencing Practitioner (SEP).

As a somatic therapist, she takes a body-centered approach in helping clients find relief from trauma stored in the body. Stored trauma might show up as chronic pain, difficulty sleeping or not being able to enjoy the present moment. Her work guides her clients to nervous system regulation and finding a state of homeostasis.

Lemaster’s journey to becoming a somatic therapist stemmed from her own lived trauma. She identifies with the wounded healer archetype, or a person whose personal trauma and

pain becomes their source of helping others.

She specializes in patients with PTSD, complex PTSD and shock trauma. Anxiety and depression usually end up in the cluster with those other diagnoses, Lemaster said. However, this type of therapy can benefit clients who aren’t experiencing these disorders.

“The nervous system work is profound, and it can literally support people who haven’t had these types of shock traumas or complex traumas from their developmental years,” Lemaster said.

Working with nervous systems led Lemaster to start her own dream coaching business, Moonbeam Dream, where she offers sessions such as DreamSphere, a five-week program and Auralis, a nine-week program.

“The same nervous system work that helps you get over symptoms also supports you having the

capacity to tolerate visibility or have courage,” Lemaster said.

Lemaster said somatic therapy might be considered by patients who are feeling stuck and not benefiting from traditional talk therapy or continue to engage in patterns or habits that they know are harmful.

“There’s like on lay of guilt and shame for being able to see it, but their system still doesn’t have the capacity to do it different,” Lemaster said this same idea applies to fear around pursuing a dream.

According to an article from Harvard Health, “Typical talk therapies such as CBT engage only the mind, not the body, encouraging people to become aware of disturbing thoughts and behavior patterns and work to change them. But in somatic therapy, the body is the starting point to achieve healing.”

Lemaster explained the natural pendulum of the nervous system; it wants to go back to homeostasis.

“What it learns

throughout time, it gets conditioned for survival,” she said. She explained it as the system finding a way to manage a stressful situation and continuing to exist in that state because that’s what helped the person survive, even if that is not its true state of homeostasis. This creates tension stored in the body.

Somatic therapy involves showing your nervous system that it can reset, that it is safe.

According to Lemaster, a supported nervous system looks like capacity and resilience. The buzzword concept of being “zenned out” oversimplifies the work that is being done within the nervous system, Lemaster said.

“It is being able to go to that space,” Lemaster said. “But an actual nervous system that is regulated is like ‘Oh, there’s some high charge stress I know how to activate, and after it’s done, I’m able to deactivate.’”

Lemaster explained the process of a somatic therapy session as mirroring back to her clients what

she sees in their body language.

“My whole hope is to build safe enough, self-trust, self-love, self-intimacy, self-empowerment and it has nothing to do with me because I’m just mirroring back what your body’s already doing,” Lemaster said. “I’m just helping you know it’s there and trust yourself.”

It’s building a well of resources to pull from and a safe space to pendulate back to. “So often when people are hurting, they can’t locate pleasure as easily or what’s good.”

According to Lemaster, it’s very common for people to experience microdoses of regulation, like taking a deep breath or noticing something beautiful in nature. Somatic therapy can help people become fully conscious of that regulation.

Nervous system regulation plays a significant role in pursuing dreams, something Lemaster realized throughout her work as a therapist.

“To create your dream, you need to be in alignment



Nicole Lemaster with her book “WTF Am I Even Doing: A Nervous System Workbook To Support Mind Body Alignment.” Photo courtesy of Nicole Lemaster (@coleyology)

and authentic and vulnerable,” Lemaster said.

An unregulated nervous system might shut down to keep you safe from experiencing that vulnerability, LeMaster said. Building resilience lends itself to pursuing dreams with courage.

“Because dreams are precious,” Lemaster said.

“WTF Am I Even Doing: A Nervous System Workbook To Support Mind Body Alignment” is available on Amazon. Lemaster can be found on social media @interconnectedheart and @coleyology. ★

Mud Race Benefits Adventure Playground

Continued from Page 1

10 a.m. Sunday, Sept. 20 at Fairytale Town serving as a fantastic warmup for October’s Dignity Health Dirty Kid Obstacle Race at the Sacramento

Adventure Playground, or for anyone who simply wants to run over, through and under Fairytale Town’s iconic play structures.

Each racer will receive a Fairytale Town Family Pass for four (includes racer).

Additional spectators must purchase admission to Fairytale Town.

These outdoor events are fundraisers for the nonprofit Sacramento Adventure Playground, which serves 7,000 kids a year with hands-on physical play: building forts, climbing trees, using tools and caring for animals, with computer screens forbidden. The Adventure Playground

fosters problem-solving skills and creative thinking in youth who need this unique program.

To register for the Dirty Kid race, visit sacadventureplay.wordpress.com/dirty-kid-obstacle-race. For more on the Fairytale Town race, visit sacadventureplay.wordpress.com/dignity-health-obstacle-race-at-fairytale-town. ★

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Fiscal Year 2026-27 Revised Recommended Budget Available



The FY 2026-27 Revised Recommended Budget includes \$9.2 billion in total appropriations. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - The Sacramento County Board of Supervisors will begin Fiscal Year (FY) 2026-27 Revised Recommended Budget hearings on Tuesday, Sept. 8, at 9:30 a.m. in Board Chambers in the Sacramento County Administration building, located at 700 H Street, Sacramento, 95814. If necessary, hearings will continue on Sept. 9, 10 and 11 at the same time and location.

The hearing schedule begins with the IHSS public authority budget deliberation and approval, the presentation of the FY 2026-27 revised recommended budget, then follows with public comment and ends with the board deliberation and approval of revisions to the approved recommended budget and capital improvement plan and approval of adopted budget resolutions.

The Board of Supervisors approved the FY 2026-27

recommended budget on June 10. This year’s \$9 billion spending plan consists of \$3.2 billion in enterprise and special revenue funds (utility rates, fees and other dedicated revenue), \$4 billion in general fund (funded with \$1 billion in discretionary revenue, \$1.7 billion in reimbursements from restricted funds, and \$1.3 billion in federal, state and fee revenue dedicated to specific purposes), and \$1.7 billion in restricted funds (amounts transferred to the general fund to reimburse eligible expenditures in general fund departments).

The numbers in the budget change between June and September when the County receives new information, including the impact of the state budget and updated fund balance and revenue totals. Because of that new information, the revised recommended budget comes back to the board for review and adoption in September.

The FY 2026-27 revised recommended budget includes \$9.2 billion

in total appropriations.

Ok, that was a lot of numbers! You may be wondering, “what services does the county offer that I use and what programs do they run that I care about” – fair question! Let’s play a game of did you know?

Did you know? The County runs Sacramento International Airport (SMF) – which is growing year over year. SMF serves award winning food and beverage options, has a vast offering of non-stop flights to new and exciting destinations, and will be opening a brand-new parking garage in time for the holiday rush this year.

The County maintains 23-miles of the American River Parkway – a beautiful greenbelt full of wildlife with breathtaking views of the American River and multiple river access points, and a multi-use recreation trail that runs from Folsom to downtown.

The County maintains thousands of miles of roads, dozens of beautiful parks and four golf courses.

The County collects garbage and provides recycling and organics collection services for more than 165,000 residential customers, collects used mattresses and Christmas trees and runs the Kiefer landfill.

The County provides building permits, and information on land use and ownership, and brings new business opportunities to the region, helping to grow the economy and tax base and helping local small business to thrive.

The County is the connection to general assistance, cash assistance, mental health resources, substance use services and homeless services and manages our youth foster system, child support services and child protective services.

The County also inspects restaurants for food safety and public pools and spas for safety compliance, manages testing and containment on communicable disease and helps people exposed quarantine to limit the spread – potentially saving thousands of

people from exposure.

The County has a robust public safety and justice system – running the multifaceted jail system, including a youth correctional facility, probation, public defender unit and district attorney and law enforcement that all work together to keep our community safe.

The County runs a large, open-intake municipal animal shelter and animal regulation and enforcement operation, caring for tens of thousands of lost and neglected animals a year, facilitating adoptions for thousands of amazing animals back into the community, rescuing abused and neglected animals from abusers, and prosecuting them to the fullest extent of the law.

So – how many did you know? Members of the public may attend the hearings and be heard on any item in the budget, either publicly or through written comments. The budget hearings will also be telecast live on Metro Cable 14 and on the web. ★

State Treasurer Fiona Ma Announces Results of Bond Sale for Sutter Health

Financing will support major health care expansion projects, including new medical campuses across Northern California and refinancing of existing debt



Fiona Ma
California State Treasurer’s Office News Release

SACRAMENTO, CA (MPG) - California State Treasurer Fiona Ma, CPA, announced the results

of a \$1.407 billion bond sale for Sutter Health providing financing to support major capital investments in health care facilities across Northern California and refinance existing debt.

“This financing will help Sutter Health make significant investments in health care capacity and facilities in communities across Northern California,” said Treasurer Ma. “These investments will support expanded access to care, modernize health care infrastructure and help ensure that Californians can receive high-quality services close to home. I am pleased that the California Health Facilities Financing Authority was able to facilitate this

financing and help Sutter move forward with projects that will serve patients for years to come.”

The bond-financed capital projects include improvements at health care facilities throughout the Bay Area and the Central Valley. Projects include expansion of intensive care and inpatient capacity; acquisition of land

and medical buildings; laboratory facilities; and improvements to neuroscience and cancer care facilities.

Project locations in the Bay Area include San Francisco, San Mateo, Castro Valley, Pleasanton and Dublin. Two of the largest planned projects include a 1.3 million square foot campus in Emeryville called Emery Yards,

and an 850,000 square foot campus in Santa Clara that will also include a 1-million-square foot additional development nearby. Project locations in the Central Valley include facilities in Sacramento, Roseville, Folsom, Elk Grove and Modesto.

Proceeds were also used to refund Sutter’s outstanding 2016B bonds, which generated approximately \$25.7 million in net present-value savings, or approximately 6.7 percent over the life of the bonds.

The original financing request approved by CHFFA authorized up to \$1.6 billion in aggregate principal amount. The final sale amount was \$1,407,070,000. ★





Election Information

November 3, 2026, General Election

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SMTWTFSS

X

Oct 24

11-Day Vote Centers open through Election Day.

OCT

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X

Oct 31

All Vote Centers open through Election Day.

NOV

SMTWTFSS

X

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A Morning Like No Other – Ground Zero at 25 years



An early morning skyline view from the Staten Island Ferry. This was the daily view of thousands of commuters to Manhattan before 9/11. Years later, I met with my friend, the captain of the ferry, in Sacramento for lunch. John had to leave New York because he just couldn't live another day in that memory. He stopped his ship in the middle of the harbor that 9/11 morning, as he and his entire shipload of travelers and crew watched the horror unfold.



Reflections at East River and John Finley Walk. Photo by a savior

Commentary and photos by Paul V. Scholl

After a long night of late work well into the morning, I was in a deep sleep. The repeating ring of the telephone awakened me. I received an alarming telephone call from a close friend frantically trying to get my attention. She said “just get up and turn on the TV. You won’t believe what is happening”. She was absolutely right.

As I sat there on my white leather couch in my small rental home in Roseville, tuned in as the world was tuned in, to the disaster in New York as it unfolded live for everyone to see. We were all New Yorkers that day.

I had previously lived in Manhattan. After returning to California, I traveled to New York City often to teach classes at The Learning Exchange and spiritual training centers as a part of my ministry. I also met with many clients as a spiritual life coach each visit. Through these visits I became friends with so many great people who lived in The City. I stayed at their homes, got to know their families, learned about their lives, loves, and fears. Many of them worked in the immediate area of the Twin Towers.

As I sat there watching the towers fall along with the rest of the world, I had no idea if any of those friends or members of their families were being crushed under the weight of that destruction. It was a personal anguish and horror felt by millions

simultaneously. It was a grief embedded forever. And we as a nation vowed to never forget.

Everything changed for everyone during those hours. Terrorism had come to our shores, and those whom we had charged to protect us failed miserably. We have been paying for their failures ever since.

And for those who paid the ultimate price, giving their lives to save others inside and around the Twin Towers? And for all the First Responders who witnessed the death and destruction at the end of their fingertips and right before their own eyes? What did they get from so many after only 25 years? Many forgot.

Yes, life goes on, but as individuals we do not. Our time is limited. We are here to understand life, liberty, love, and loss. We are here to understand joy and grief. These become the web that builds our evolution, our DNA that we pass on to those who follow us. If we do not teach our emotional history to our children, good and bad, they will suffer repeating our mistakes and the feeling of betrayal from us for not forewarning them.

Enter our current day Neon Nation. Have we lost our way in one generation? Does the “Shiny thing” distract us so easily because it is too hard for us to focus on the truth and explaining it to others as our society crumbles around us?

A few months after 9/11 I traveled back to New York to offer support to any of those friends who needed it. I traveled to the site while the clean-up was still underway. I saw the scorched church and cemetery. There were still many “Missing” flyers posted to walls and lampposts. I saw the many memorials around the site. When I found one memorial that listed all of the names of those lost I read every one of them. I thank God to this day that not one of my



One of the many memorial walls surrounding the Ground Zero site. Photo by Paul Scholl

friends was on that list.

The history of Ground Zero is complex and still unfolding. The more the years fall away the more important it is that we reveal as much as we can about that fateful morning and all that led up to it.

When someone kills your son or daughter, husband or wife, it doesn’t matter what political party they belong to. It doesn’t matter what religion they belong to. It doesn’t matter their motive. All that matters is your loved one is gone forever. Grief takes over. And no one can ever really fill that void. It never truly heals. You just learn how to manage it in the silent times, alone with your Creator.

All those who lost loved ones during those tragic days only asked one thing from us. Never Ever Forget.

On this remembrance weekend 25 years later, take a few moments in silence to share the grief and the weight of the losses experienced by so many on September 11, 2001. If only with that simple action, love will prevail.



★ Visitors reading through the many memorials and “missing” posters.



A dedication plaque honoring the fallen first responders.



A memorial sculpture remembering all the construction workers.



And then an angel appeared over the site in my camera lens.



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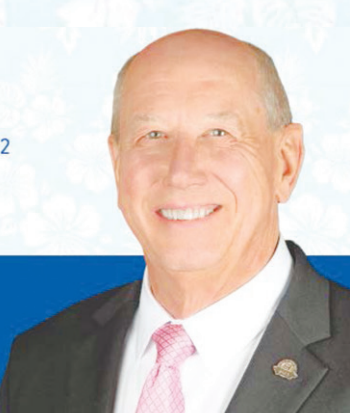


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