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East Sacramento News

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Airshow Flies Into Mather



Watch the performance of the FA-18 E/F Super Hornet, a latest version of the F-18, displaying its spectrum of air superiority maneuvers. Photo courtesy of California Capital Airshow

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - The popular California Capital Airshow is back at Mather this September, featuring the U.S. Air Force Thunderbirds as its headlining act. The airshow was founded in 2014 and, with the exception of a pause for COVID-19, has been entertaining enthusiasts annually with a variety of modern and historic planes.

This year's airshow is happening on Saturday, September 23 and Sunday, September 24. Admission costs are $40-$50 per ticket, but each ticket comes with up to 6 free admissions for youth aged 15 and younger, making it a reasonable deal for entire families who want to enjoy the marvels of air travel and military planes. Tickets are valid for only one day of the airshow, with most acts performing on both days.

Unlike prior years, 2023 tickets are only available online. There will be no onsite sales, and space is limited for both general and VIP ticketing options. High-end tickets used to include a grandstand and bleacher option, but

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Food Safety Excellence Recognized by County's Environmental Management Department



Supervisor Rich Desmond, Bento Box, located at 2449 Fair Oaks Boulevard in Arden-Arcade. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - To honor the remarkable food safety efforts of local restaurants and food facilities that protect the public from foodborne illnesses, and to celebrate National Food Safety Month, the Sacramento County Environmental Management Department recognized Sacramento County operators during the Board of Supervisors meeting on Sep. 12. The recipients of the 18th Annual Environmental Management Food Safety Award of Excellence all achieved three consecutive health inspections without major violations.

The Centers for Disease Control (CDC) estimate that 48 million people get sick, 128,000 people are hospitalized, and 3,000 people die from foodborne diseases in the U.S. each year. With the help of EMD's food protection program and free food safety classes, Sacramento County food facility operators are trained that most foodborne illnesses are preventable, by teaching the principles of food safety and focusing on preventing food contamination and learning facility sanitation, time/temperature control, and personal hygiene.

Of those 786 food facilities recognized, one establishment from each of the five Sacramento County supervisorial districts was chosen to receive

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Project Roomkey Closes With 1350 Hopeful Outcomes

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On Friday, August 25, the Sacramento County Department of Human Assistance, through the steadfast work of County staff and community partners, was able to close Project Roomkey (PRK) earlier than the originally anticipated October timeframe.

The end of Project Roomkey marks nearly 40 months of operation and is a testament to what the community can do in a time of great urgency.

During the ramp-down phase of the final PRK site, every participant was offered shelter or housing. The PRK participants that have been transitioned to shelter or are on a motel voucher will continue to work with County staff and Next Move on their path to rehousing.

PRK Ramp down support and transition stats

On May 1, 2023, there were 192 people still in PRK. On May 21, Next Move brought their rehousing team onsite to transition participants into housing.

The transitions for the 192 people are as follows:

42 in housing; 7 in Behavioral Health interim or permanent housing; 40 enrolled in County Scattered Site shelter; 60 people placed with a motel voucher.

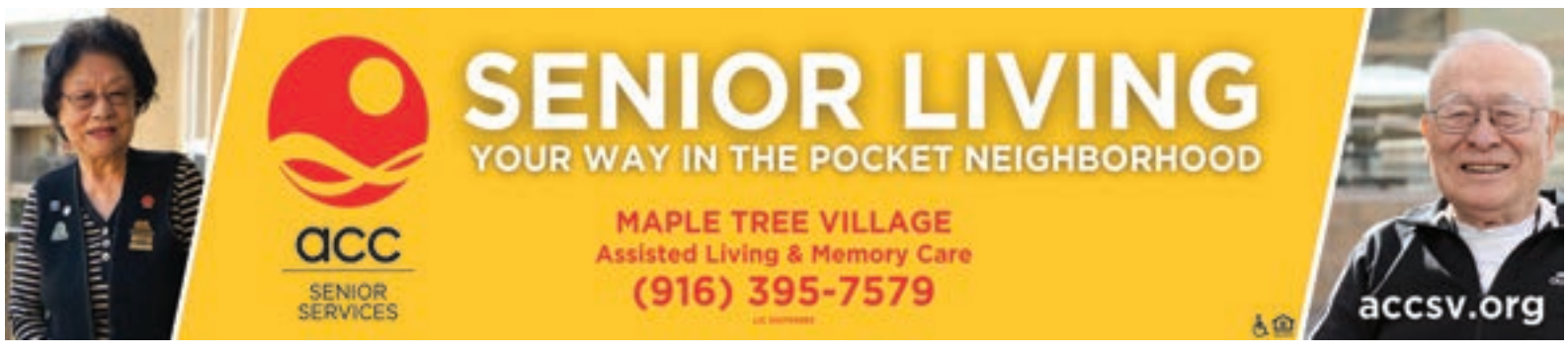
For those vouchered:

42% have housing lined up and are waiting on their unit to be ready; 14% are working with BHS to transition into interim or permanent housing; 10% have housing vouchers and are close to housing; 30% are transitioning into the County Scattered Site Shelter; 4% are working with other providers on next steps

13 self-exits; 22 exits due to rule violations (violence, destruction of property); 8 exited due to long-term hospitalization or other institutions

Behavioral Health

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SMUD Named Nation's Most Sustainable Utility by J.D. Power Index

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD ranked first in the 2023 J.D. Power Sustainability Index, a comprehensive evaluation of the nation's largest electric utilities' customer awareness, engagement and advocacy related to their local climate sustainability programs and goals.

Drawing from established J.D. Power customer satisfaction and environmental metrics, the index includes 35 of the largest U.S. electric utility companies with 500,000 or more residential customers, serving as an industry benchmark to assess the utility's standing as a climate leader.

"SMUD is setting the standard for environmental leadership and utility service excellence," said CEO and General Manager Paul Lau. "SMUD is taking sustainability to the next level with our industry-leading goal to remove all carbon emissions from our power supply by 2030. We're delivering on that goal in a way that maintains reliability, keeps rates low, enhances our electric programs and services, and benefits our diverse communities. As we responsibly progress toward a clean energy future, SMUD is unwavering in our commitment to world-class reliability and continuing to keep SMUD's rates among California's lowest. This recognition underscores our decades-long commitment to environmental leadership and innovation, which continues to power the Sacramento region forward."

SMUD is completely transforming the Sacramento region's power supply and supporting electrification of buildings and transportation for a clean energy future and economy. SMUD's 2030 Zero Carbon Plan is a comprehensive blueprint to achieve regional decarbonization, sustainability and an energy transition that leaves no community behind. The plan is among the most aggressive decarbonization initiatives of any major utility in the nation and centers on several key strategies, including:

Substantial increases in renewable energy sources, battery storage and related technologies; Adoption of zero carbon innovation to engage the wider community in carbon-reducing activities; Retirement of thermal plants; Strategic partnerships to optimize costs and maintain competitive rates, and; Workforce development programs and education opportunities that support clean energy careers.

Through a long-standing commitment to community connection and engagement, SMUD cultivates innovative pathways for customers to lower utility costs and actively participate in reducing their carbon footprint. Building on our unwavering support for EV adoption that started decades ago, SMUD continues to be a driving force for positive change, collaborating closely with customers. Through an array of SMUD programs, including virtual power plants, managed-EV charging solutions, electrification incentives, residential and commercial workshops on emerging energy technologies, EV test-drive forums and a variety of related initiatives, all communities are invited to actively participate in shaping a greener future.

In 2022, SMUD became the first recipient of J.D. Power's Power Certified Sustainability Leader designation, which acknowledges SMUD's outstanding customer service and ambitious vision of achieving a carbon-free power supply by 2030. ★

Captial Airshow Flies Into Mather

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this year has been converted into a new location called The Hangar. This brand-new chalet offers both indoor and outdoor seating areas along the front line of the shows, and also includes private restroom access, beer tasting, and access to food truck purchases. Those willing to spend more can also join the Flight Line and Capital clubs, both of which provide catered food and beverages, as well as premium seating areas.

If you're attending the show on a budget, don't worry. While you must find your own seating, there are plenty of perks to still enjoy both on the ground and by gazing up at the sky. Ground level entertainment this year includes vintage combat aircraft and trainers including warbirds that date back to the 1930s. Beale Airforce Base will also be represented at the show, bringing a Lockheed U-2 'Dragon Lady' and T-38 Talons to admire. Children and families will enjoy the opportunity to walk through a large military transport plane as well as the impressively large cargo holds of the FedEx and UPS planes parked onsite. Lastly, public safety workers and first responders will be interacting with guests, teaching young guests how planes and helicopters are used to save lives.

While there's certainly a lot to do on the ground, the real show is overhead. The airshow features both individual plane hobbyists and professional fighter jet pilots This year's headliner, the United States Air Force Thunderbirds, will roar through the sky in their F-16 Fighting Falcon jets. Their close formations are captivating but new airshow attendees be warned – these planes get loud. Consider bringing noise-canceling headphones for young viewers as well as those of any age that are sensitive to sound.

The rest of the airshow lineup includes the US Air Force C-17 Globemaster III Demonstration Team, a US Navy F/A-18 Super Hornet TacDemo, a US Air Force A-10 Thunderbolt II, a 1920s-era Barnstormer, and stunt flyer Jim Peitz in a rare Beechcraft F33C Bonanza.

The California Capital Airshow is meticulously organized in order to successfully welcome thousands of guests each year but is also powered strongly by volunteers. Adults aged 18 and older are invited to join in on the fun of volunteering.

"Airshow volunteers play a vital role in supporting CCA's mission to inspire young people using the power and magic of flight," says Darcy Brewer, Executive Director of California Capital Airshow. "They build a great deal of community around this, all while experiencing the behind the-scenes excitement of producing a massive event."

Volunteers run booths, direct parking, provide information to guests, and so much more. All volunteers receive food vouchers and a commemorative airshow crew t-shirt. Both individuals and groups volunteer each year, but not always without a bit of controversy. The airshow committee actively recruits non-profit groups to raise funds for their own causes by working the parking lot on both Saturday and Sunday. The non-profits receive $45 per day, per volunteer. The shifts are 11 hours long and no split shifts are permitted.

Tonia Clark was one to call out the airshow on social media. In responding to a recent post asking for non-profit help she said, "That's less than $5 hour…while it is great that you're helping non-profits, it appears that it is a pretty good deal for the airshow, considering minimum wage is $15.50/hr. Are you helping nonprofits or taking advantage of them?"

The airshow has publicly responded in the past, reminding critics that they themselves are a non-profit and are doing what they can to give back to the community, including the aforementioned funds disbursement and also a scholarship program.

Overall, the California Capital Airshow is a quality outing for all ages. Consider coming out and exploring the world of aviation and air defense. But bring your sunscreen and hats, as the warm Sacramento sun will likely be in attendance, too. Tickets can be purchased at californiacapitalairshow.com. ★



The United States Air Force Thunderbirds F-16 demonstration team will be soaring through the Sacramento region's skies this September. Photo courtesy of California Capital Airshow





Fighting for Lyme Disease Awareness

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - For as long as we've had a way to share news, stories of devastating diseases and how they affect lives are often shared both on television and social media. While COVID-19 held the headlines for a good three years, other illnesses have never been fully brought into the spotlight of public awareness. Lyme disease is an example of a condition we rarely hear about, especially those of us living in the city and surrounding suburbs of Sacramento.

Melissa Moya agrees. "I would like for them (Sacramento County residents) to know to take that extra moment to protect themselves before going out," says Moya, founder of Lyme Fight Foundation.

Moya's own Lyme disease journey started seven years ago, and it was a path she never expected to find herself on. Following a hysterectomy, she started to not feel well, suffering with aches, pains, and brain fog, among other symptoms.

"It took me three years to figure out what was wrong," she recalls. "I went to doctors in Sacramento and San Francisco, and even to the Mayo Clinic in Minnesota."

After suspecting a variety of illnesses including Fibromyalgia, Moya finally received her diagnosis of Lyme, Bartonella, and Babesia. Unwilling to sit back and live passively with this new reality, Moya formed the foundation in April of 2020. As she says, "My silver lining turned into the foundation."

Lyme Fight Foundation aims to educate, raise awareness, and provide information and resources. They work with both the general community and those who are suffering from Lyme disease and its complications. Lyme disease treatment is not typically covered by health insurance, and Moya herself incurred a cost of $50,000 for one surgery. It can also be difficult to diagnose. According to Columbia University Irving Medical Center, in early Lyme disease the test is negative 50-65% of the time. This is difficult news for an illness that must be treated as early as possible for success.

Known as "the great imitator" due to its penchant for being diagnosed as other illnesses first, some have claimed to achieved remission, but for most Lyme patients like Moya, the condition is chronic and lifelong. Her Lyme disease has broken through her brain barrier and also reached her heart. As a former marathon runner and track coach, her days are now physically limited.

"Your whole day is really just going through your protocol," Moya shares, explaining that life with Lyme disease includes pills, treatments, and definitely a nap. "I can't do what I used to. I am usually limited to a couple of outings per day."



Melissa Moya receives one of many treatments for her Lyme disease. Photo courtesy of Melissa Moya

While the doctors never determined exactly how or where Moya contracted Lyme disease, she has made it her mission to protect others from a similar experience. While she has spent portions of the past four years traveling to San Rafael for further treatment, she is also furthering the spread of information and awareness wherever she can here at home. Lyme Fight Foundation holds workshops and speaking engagements, provides medical and tick testing resources, and arranges peer mentoring. The group is also holding a gala on September 30 at the Gibbons Community Center in Carmichael.

When asked what was the biggest reward of running Lyme Fight Foundation, which consists of just herself and three women on an executive board, she says it's been the opportunity to talk with others who are dealing with Lyme disease, and the relief in their voices to find someone who understands. The biggest challenge?

"Getting people to realize how serious it is and to understand," says Moya.

Locals would be wise to listen to her. The Sacramento-Yolo Mosquito and Vector Control District have discovered ten times more ticks than usual in 2023, including even on the beaches of San Francisco, which isn't a typical place to find them. Such an unexpected surge in the tick population is exactly why Moya continues her Lyme Fight Foundation work, even when she struggles to feel healthy most days.

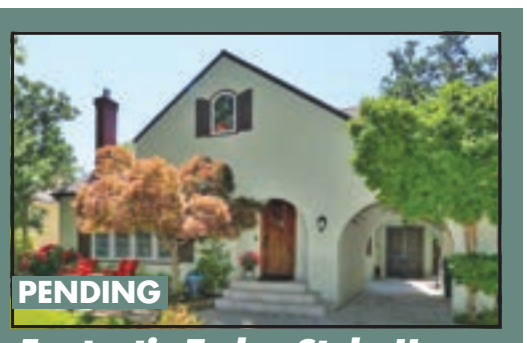
"Everybody need[s] to know what [is] out there," she said, "where you can go for treatment… and have ticks tested if you find one."

If you would like to get involved with Lyme Fight Foundation, the nonprofit is always looking for volunteers and donors. Besides the upcoming Gala, the group can be found holding a Lyme awareness rally at the Capital, serving the community at river cleanups and at local races including the California International Marathon. You can visit their website, lymefightfoundation.org, or call (916) 628-6692 for more information. ★


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Fantastic Tudor Style Home

This home has 4 bedroom, 3 1/2 bathrooms, hardwood floors, updated kitchen, bathrooms, and windows. Wet bar at dining area has wine cooler and sink. Rear bedroom with full bath used as a workout room currently. Master bedroom has French doors that open to backyard deck. Electric charger for Telsa installed.

922 42nd Street $1,375,000
4 Beds | 3.5 Baths | 2,238 sq. ft.


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Dave Ramsey Says



Helping Take Care of Mom

Dear Dave,

My mother-in-law is 85, and she's had some health setbacks recently. The family got together with her, and as a group, we decided it was time to sell her property and move her into an apartment at a nice senior living facility. She should see a little over $300,000 from the sale of her house. Aside from that, she has about $10,000 in a savings account. The problem is, she'll only receive $2,100 a month in Social Security, and rent at the facility is $2,600 per month. Plus she loves making donations to charities. With interest rates where they are, is a CD ladder a good place to put the money to help her cash flow expenses in the future?

– Ed

Dear Ed,

If this were my mother-in-law, I'd want her to do better than a CD (certificate of deposit) ladder. Even with the deficit between her Social Security income and the cost of rent, she'll only need to see $6,000 a year from the investment to make up the difference. And plus, she's 85. Even if she got nothing in terms of interest, the chances of her burning all the way through her nest egg before she dies are almost zero. I know the thought of her passing away isn't pleasant, but it's something you have to take into consideration.

As far as the charities go? Right now, she's the charity. Maybe not in the traditional sense of the word, but it's time for mom to come first. Only the strong can help the weak. I didn't let my toddlers carry our newborn. And when it comes to money, you've got to have the financial strength—the free and clear assets—to carry others. Take care of your own household first. That's her responsibility at this point.

Ed, you're not going to mess this up unless you put the money in crypto, or something stupid like that. If you want to do some high-yield savings as a part of it, that's fine. If it were me, I'd probably end up investing some of it too. Here's the thing: Overall, if you could make 8% on it, that's $2,000 a month, and it lasts indefinitely. That's not even touching the principal. But like I said before, even if you make nothing on it, just divide $6,000 into $300,000. See what I mean? It's probably going to last as long as she does.

Of course, there may be some other medical bills, and you'd probably want her to have a life other than just paying bills. That's why I'd like to see that extra $2,000 a month happening. It would provide a little cushion. And there may be a few other little things from time to time the family would have to pick up, but that's not unusual in a situation like this.

You all can make this work for her. Just don't be super aggressive, but don't be super conservative either.

– Dave

**Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions.* ★

Food Safety Excellence Recognized by County's Environmental Management Department

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their award from their respective County Supervisor.

Awards of Excellence District Representative Honorees:

District 1 – **Pizza Supreme Being**, located at 1425 14th Street in Sacramento; **District 2 – The Boiling Crab**, located at 6910 65th Street in Sacramento; **District 3 – Bento Box,** located at 2449 Fair Oaks Boulevard in Arden-Arcade; **District 4 – Folsom Pizza and Kabob**, located at 6693 Folsom-Auburn in Folsom; **District 5 – The McBoodery**, located at 25 Main Street in Isleton. ★

Sacramento SPCA Performs 300,000th Spay and Neuter Surgery

Send2Press Newswire News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento SPCA announced today that they hit a spay and neuter surgery milestone - altering the 300,000th animal in Sacramento since 2007. That's an average of nearly 19,000 animals a year - making the Sacramento SPCA one of the top clinics in the nation. "Spaying and neutering is the most effective way of reducing pet overpopulation and the number of pets entering our region's shel- ters," said Kenn Altine, Sacramento SPCA CEO.

"That's why the Sacramento SPCA opened the Zoe K. McCrea Animal Health Center in 2021 - to immediately expand access to the public and our animal welfare partners in a time when all facets of animal welfare in our region and across the nation are struggling to keep up with demand."

The 300,000th animal to receive surgery at the Sacramento SPCA was "Mama Goose" - a feral cat who had given birth and raised kittens in a yard in Sacramento. She was trapped and brought to the Zoe K. McCrea Animal Health Center at the Sacramento SPCA through the weekday Community Cat Clinic. Thanks to the Feline Spay and Neuter Fund, she was spayed at no cost to her trapper, and returned home.

The Sacramento SPCA serves the Sacramento region and beyond as a premier provider of low-cost spay and neuter services, collaborating with local rescue groups, feral and community cat caregivers, those in need, and the public to alter 20,000 animals annually.

The Zoe K. McCrea Animal Health Center dedicates every Sunday to the health and welfare of community cats, providing free surgeries to more than 70 cats in Sacramento County each week. The shelter also offers 10 surgical slots for Sacramento County cats Monday through Saturday at no cost, thanks the Sacramento SPCA's Feline Spay and Neuter Fund. In collaboration with and funded by Zoe K. McCrea, Kathy Lelevier & Richard Rose, Dr. Nancy T. Field, and Mary & Kevin Clark, this initiative was launched in August of 2022 to provide more spay/neuter surgery appointments for community cats outside of the Sunday clinics.

Thanks to the fund, the Sacramento SPCA has altered more than 4,000 community cats so far this year, 500 more cats than this time last year. Since 2007, more than 50,000 cats have been altered, vaccinated, and received flea/ear mite treatments through the shelter's trap, neuter, and return (TNR) program.

As the only full-service 100% nonprofit animal shelter in the Sacramento region providing no-cost spay/neuter services to feral and community cats 7 days a week, the Sacramento SPCA relies on donations from individuals, businesses, and foundations to support their lifesaving work. The Sacramento SPCA is local, independent, and not affiliated with any other SPCA or humane society, including the ASPCA. All funds stay right here in the Sacramento region - helping animals - and the people who love them – in our own communities.

To join the lifesaving efforts and support of the Feline Spay and Neuter Fund, visit https://www. sspca.org/ or contact Sarah Haney, Chief Development Officer, at 916-504-2805 or shaney@sspca.org. Founded in 1892, the Sacramento SPCA has been providing homeless animals with individual comfort, shelter, and love for more than 131 years. The Sacramento SPCA provides compassionate medical care to tens of thousands of animals annually and offer a variety of programs and services designed to keep people and pets together for life. Visit https://www.sspca.org/ for more information and follow on Facebook, Instagram, Twitter and LinkedIn. ★

Board Approves Funding from Health Plans for LEAP

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, on Tuesday, August 8, approved the County to receive the Housing and Homeless Incentive Program (HHIP) to increase the Landlord Engagement and Assistance Program (LEAP).

LEAP is operated by Bay Area Community Services (BACS) and provides housing-related services which include the provision of landlord incentives to secure affordable housing for clients, provide client and landlord level tenancy supports, house matching, landlord education, enhance the efficacy of voucher and subsidy programs addressing housing concerns and other housing-related efforts to support people experiencing homelessness.

The State of California's Department of Health Care Services (DHCS) has developed a plan to enhance, expand, and strengthen Medi-Cal Home and Community-Based Services (HCBS) in California, in accordance with the American Rescue Plan Act (ARPA) of 2021.

One of the initiatives under the HCBS plan is the Housing and Homeless Incentive Program (HHIP), which aims to expand and enhance programs that help individuals transition to community-based, independent living arrangements.

Medical Care Providers (MCPs) recognize the link between housing stability and health outcomes. Homelessness can worsen health issues and increase healthcare costs for vulnerable populations.

Through HHIP, MCPs can provide financial support to governmental partners such as LEAP to enhance housing programs, offer supportive services, and develop effective strategies for helping those facing homelessness.

The MCPs consist of the following providers in Sacramento County: Health Net, Anthem, Aetna, Kaiser Permanente, and Molina. Each provider has applied separately for HHIP funding and amounts granted to each provider vary, but the pooled funds will amount to nearly $5 million.

With this funding increase, LEAP will be able to serve an additional 100 households annually, on top of the 150 annual households already funded through the existing ARPA agreement. HHIP funding will be utilized to expand landlord incentives and to help individuals in the LEAP program overcome barriers and access stable housing.

"The County has already seen positive outcomes through LEAP." Said Emily Halcon, Director of Homeless Services and Housing "We're thrilled to partner with our local health plans to increase the opportunity for stability for people who are unhoused."

"Sacramento County has been an incredible leader, collaborator and partner in implementing the state's California Advancing and Innovating Medi-Cal (CalAIM) initiative, ensuring Sacramento's most vulnerable residents have access to all innovations and reforms under CalAIM," said Martha Santana-Chin, Medi-Cal and Medicare president at Health Net.

"Anthem Blue Cross has been a committed supporter of Sacramento County efforts to effectively address the County's most pressing priorities, including funding innovative solutions that provide stability to those who are unhoused," said Les Ybarra, President of Anthem Blue Cross Medi-Cal health plan. "The reality in Sacramento, and across California, is that one of the greatest challenges for our members and individuals who are experiencing homelessness is finding available housing and landlords who are willing to work with them. We believe that the Landlord Engagement and Assistance Program will help remove these barriers and improve lives, so we are proud to serve as a critical partner, and we look forward to continued collaboration with the County to address homelessness." ★

Project Roomkey Closes With 1350 Hopeful Outcomes

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supports June – August 2023:

28 clients agreed to screenings for services; 26 consented to referrals to mental health programs; 6 into Community Outreach Recovery Empowerment (CORE) Program; 20 into Full-Service Partnerships (FSPs)

The History of PRK Sacramento County has been funding and operating PRK since April 2020 in response to the COVID-19 pandemic. The program started out as four motels with 522 prevention rooms and 41 medical isolation motel rooms and trailers. While in PRK, residents received three meals delivered to their door daily and were provided laundry services, transportation, and connections to community resources, public benefits and health providers.

By August 2020, it was clear that the sheltering model was transitioning into a longer term COVID-19 prevention approach, and the PRK team, inclusive of county staff from DHA and Behavioral Health, the City of Sacramento and Sacramento Steps Forward, incorporated new oversight measures that supported the rehousing of PRK participants.

While there were many partners, including other jurisdictions, PRK was initially funded primarily through CARES Act and Federal funding through FEMA. These funds were braided together to operate this program which, for the most part, went away with the end of the Public Health Emergency, leaving the County to fund the program solely with General Fund and the American Rescue Plan Act (ARPA).

In late May 2023, five rehousing navigators and one behavioral health representative, dedicated solely to participants in PRK, began meeting with clients to create a comprehensive rehousing plan for each participant, as well as assess behavioral health service and program needs. Rehousing navigators assessed client resources and housing needs and worked with each participant to offer options and a path to housing. Behavioral health staff screened willing and eligible clients and connected them to existing county programs.

As of August 30, 2023, County staff and community partners supporting the rehousing of PRK participants have directly housed 580 people in permanent housing and 892 people to safe, transitional locations – many of which eventually led to housing.

For more information of Sacramento County's response to homelessness, visit the Department of Homeless Services and Housing website. ★



ABOUT TOWN

In September, the Midtown Farmers Market Celebrates Farm-to-Fork Month

SACRAMENTO, Calif. – Always in Farm-to-Fork style and celebrating the 10th season of the popular and thriving Midtown Farmers Market, the Midtown Association has plans for deliciously fun activations in September with more than 200 vendors along with special demos, activities, enhanced Second Saturday programming sponsored by Five Star Bank, and more. Plus, voting is nearing the end for the 2023 America's Farmers Market Celebration competition with the Midtown Farmers Market currently in the lead for first place in California (4th in the Pacific Region and 29th in the nation). Market enthusiasts are encouraged to cast their vote for the Midtown Farmers Market now through September 18 via this link.

Proudly presented by Sutter Health and always bursting with fresh fruit, produce, gourmet or locally made products and artisan goods, the open-air market is available year-round with spring/summer hours in effect from 8 a.m. to 1 p.m. through October. In September, activities at the Midtown Farmers Market will highlight market vendors every weekend, have a special live art demonstration on Second Saturday and spotlight Library Card Sign-Up Month with two visits from the Sacramento Public Library plus offer a special Kids' Story Time on the last Saturday of the month.

A schedule of just some of the fun and free activations and demonstrations happening in September at the Midtown Farmers Market includes the following:

Saturday, September 16:
9 a.m. and 11 a.m. – Nudge Eco Store will be providing a demonstration at Boutique Boulevard about how to shop at the Midtown Farmers Market in the most sustainable way to minimize plastic waste

10:30 a.m. to 12:30 p.m. - Live music by Rumba Flamenco Jazz Guitarist David Perry Molina in the Market Square

Saturday, September 23:

8 a.m. to 1 p.m. Delectables and Felicidad Winery will be offering a decadent wine and chocolate pairing on-site at Savory Street

9 a.m., 10 a.m., and 11 a.m. – Justin Ten Eyck, owner of Thera-Wishbone, will be offering a massage demonstration on how to use the thera-wishbone on the neck and shoulders in Artisan Alley

10:30 a.m. to 12:30 p.m. - Live music by the entertaining DJ Freequency (D'Aramis Byrd) in the Market Square

Saturday, September 30:

8 a.m. to 1 p.m. – On-site sponsor promotions and giveaways from Sac Republic FC in Producers Plaza and SMUD in the Market Square (while supplies last)

10 a.m. and 12 p.m. – Pl is offering a curd making demonstration on Savory Street

10 a.m. – In celebration of Library Card Sign-Up Month, a special Kids' Story Time is provided by Bookhaus in the Market Square

10:30 a.m. to 12:30 p.m. - Live music by DJ Bimes in the Market Square

Owned and managed by the Midtown Association, the Midtown Farmers Market continues to grow and evolve to reflect the dynamic and eclectic tastes of the surrounding neighborhood. Spanning five city blocks, the Midtown Farmers Market lies in the heart of Midtown at 20th & K Streets. More detailed information about the Midtown Farmers Market plus a regularly updated market map are available at www.midtownfarmersmarketsac.com.

In addition to offering numerous public transportation options, Midtown Sacramento is walkable and bike/scooter/car-share friendly with plenty of parking available in nearby garages plus various lots throughout Midtown. Also, a complimentary bike valet is available at the Midtown Farmers Market through September courtesy of Sacramento Area Bicycle Advocates (SABA). For additional transportation information, visit www.easeintomidtown.com. For more information about Midtown Sacramento in general, special events and activities, and the Midtown Association, please visit www.exploremidtown.org or follow on social media – Facebook at www.facebook.com/exploremidtown/ and @ExploreMidtown on Instagram and Twitter.

Midtown Association: The mission of the Midtown Association (MA) is to create a center for culture, creativity, and vibrancy in Sacramento's urban core. For more information about MA, call 916-442-1500 or visit www.exploremidtown.org.

Old Sacramento Waterfront's K Street Activated

With fun & free entertainment and pop-ups on weekends through september.

SACRAMENTO, CALIF. (August 31, 2023) – As part of a new pilot program, Downtown Sacramento Partnership is pleased to announce K Street at the Old Sacramento Waterfront will be car-free to allow for fun and free activations on the historic street on Saturdays and Sundays from 10 a.m. to 6 p.m. through September. Building on the success of other slow streets programs such as Al Fresco dining, Old Sacramento Waterfront is opening the space from Second to Front Streets for pedestrians, bicyclists, and shaded areas to sit so the community can watch or play games such as checkers and corn hole, and enjoy live music performed by talented local musicians.

"One of the highlights of the past few years is that cities all over the world, including Sacramento, have had opportunities to experiment with recalibrating our public realm to best serve the people who enjoy them," said Scott Ford, Economic Development Director of Downtown Sacramento Partnership. "This pilot program prioritizes the pedestrian and creates a dynamic central plaza in the heart of Old Sacramento Waterfront, enhancing our guest experience while providing an opportunity to enjoy active transportation from DOCO to the Sacramento River."

By opening K Street for entertainment and pop-ups, an opportunity is created that provides the community to experience Sacramento's original commercial district in an entirely new way. In addition, Old Sacramento Waterfront merchants have an opportunity to utilize the space to connect with customers as they enjoy a lively atmosphere. As an example, Stage Nine Entertainment is planning to activate K Street for a 30th Anniversary weekend celebration on the final weekend of the month.

This new activation is made possible from funding through the American Rescue Plan Act (ARPA) designated by the City of Sacramento to install removable street bollards which provide enhanced pedestrian safety and help create additional space for passive recreation and social collisions for residents and visitors alike.

The program would not be possible without the support of the City of Sacramento and the Department of Public Works, a national leader in dynamic, curbside management and efficient mobility solutions through www.SacPark.org.

For more information about the Old Sacramento Waterfront please visit www.OldSacramento.com and for more about the Downtown Sacramento Partnership, visit www.DowntownSac.org.

Sacramento Area Museums Showcase Region's Farm-to-Fork Roots All Year Long

SACRAMENTO, Calif. (August 28, 2023) – The Greater Sacramento region is rich with popular museums and destinations that offer diverse and enriching experiences for individuals, families, residents, and visitors alike. Given the critically important role agriculture continues to play in the region, many local museums offer special exhibits, experiences and activations that highlight ever-enduring Farm-to-Fork connections. A sampling of some of the Farm-to-Fork offerings at local museums includes the following:

California Agriculture Museum – Woodland is home to an entire museum focused on agriculture, filled with a unique collection of harvesters, wheel and crawler-type tractors, combines, trucks, art, artifacts, rotating interactive exhibits and much more. In all, the museum tells the history of Farm-to-Fork, dating back to the Gold Rush era and how the industry evolved from horse drawn to steam driven to fuel powered machines to harvest and transport California's bounty.

California State Railroad Museum & Foundation – A Fruit Growers Express refrigerated rail car is on permanent display inside the Museum's Roundhouse. Museum visitors can explore this historic rail car and exhibit, "Farm to Fork: A Public History," and learn about how refrigerated rail cars enabled California farmers, growers, and producers send farm-to-fork freshness all over the country. Visitors can step inside the historic Fruit Growers Express rail car to see how the ice-cooled rail cars transported produce and built an agricultural system that exports more wealth than the California Gold Rush. Plus, the popular weekend excursion train, Sacramento Southern Railroad – currently on pause due to an important rail repair project – runs on the historic Walnut Grove Branch Line. This rail line transported pears, asparagus, celery, seeds, and other products from the Delta communities to markets nationwide.

Sacramento Children's Museum – Young visitors hungry to learn about fresh food have a variety of options at the Children's Museum, including at the miniature Leo's Market and Leo's Food Court (a miniature market of food carts), about bees and honey with the in-house beehive, and an interactive train table highlighting Sacramento's agricultural landscape in miniature, complete with mini livestock. Plus, the Children's Museum will be at the Farm-to-Fork Festival (September 22-23) sharing vegetable stamp printing with visitors.

SMUD Museum of Science & Curiosity – MOSAC's interactive exhibits bring the story of water to life, demonstrating how our region is working together to conserve this natural resource for now and future generations. The "Water Challenge" exhibit lets museum visitors actively shape a watershed's flow, create a tune for saving water at home, and choose between local or non-local foods to buy based on how everyday decisions impact conservation efforts — all while learning about the environmental footprint along the way.

Utility Exploration Center – The City of Roseville's Utility Exploration Center (UEC) is a testament to the region's commitment to sustainable living and resource conservation. Nestled in the heart of a region renowned for its Farm-to-Fork movement, the UEC acts as an educational hub, encouraging residents and visitors alike to delve into the intricacies of energy and water conservation, waste reduction, and sustainable practices. By fostering an understanding of how we use and preserve resources, the UEC underscores the importance of our agricultural roots.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org.

Friends of Sutter's Fort Announces Exciting Line-Up of Special Events and Activations Happening this Fall

SACRAMENTO, Calif. – Friends of Sutter's Fort, in partnership with Sutter's Fort State Historic Park, is proud to present a series of family-friendly events and activations this fall highlighted by holiday themed movies, an all-ages concert, and adventurous self-guided evening tours by flashlight or lantern light.

A schedule of fall activities presented by Friends of Sutter's Fort includes the following:

Films with Friends on Saturday Evenings, October 21 and December 2

Continuing a series of popular "Films with Friends" outdoor movie screenings, two holiday themed movies will be shown on the exterior wall of Sutter's Fort State Historic Park at 26th & L Streets. Movies include Disney's "Coco" on October 21 and "Elf" on December 2. Movie-goers are encouraged to bring blankets and chairs, and friendly dogs (on leash) are welcome; no alcohol is allowed. Movie goers can also choose to support Friends of Sutter's Fort by purchasing a Films with Friends Fun Pack for $50 with all proceeds benefiting efforts to bring more community events and activations to Sutter's Fort. Friends Fun Packs are available to order in advance at www.suttersfort.org and on-site at the event (if and while supplies last). For more information about Films with Friends, please visit www.suttersfort.org/event/films-with-friends.

Sunset & Strings Jamboree on Thursday Evening, October 26 at 6:30 p.m.

Featuring the Rock Bottom Boys – performing for the first time within Sacramento city limits – the community can experience and enjoy and all-ages musical event with energizing three-part harmonies, homespun vocal styling, boot stomping music, and well-seasoned showmanship. This live musical event is a fundraiser to support future field trips and educational opportunities at Sutter's Fort State Historic Park. For tickets to Sunset & Strings Jamboree, please visit https://suttersfort.ticketspice.com/sunset-strings-jamboree.

Flashlights & Friends After Hour Tours – Friday, December 1 from 6 to 8:30 p.m.

For those seeking fun and adventure in a unique space, Flashlight & Friends may be just the ticket. The holiday themed evening provides an opportunity to explore Sutter's Fort Historic Park like never before – by flashlight or lantern light (guests can bring their own or purchase them on-site). The self-guided tour experience is family friendly and includes live music, games, and treats for event attendees. For tickets and/or more information about Flashttps://suttersfort.org/event/flashlights-friends/

The special events and activations support the nonprofit Friends of Sutter's Fort to help provide upcoming programming such as field trips and future events at Sutter's Fort State Historic Park.

For those interested in visiting inside Sutter's Fort State Historic Park (that is open from 10 a.m. to 5 p.m. daily), all Fort admission fees will be waived for the duration of a major roof replacement and seismic stabilization project that is currently underway. Visitors can observe the rehabilitation project firsthand and tour the Central Building, which remains open.

Friends of Sutter's Fort

Friends of Sutter's Fort is a 501c3 charitable foundation. As a state park cooperating association, we collaborate with California State Parks at Sutter's Fort State Historic Park to preserve and protect historic structures, and artifacts, and to engage visitors of all ages. For more information, please visit www.suttersfort.org. ★

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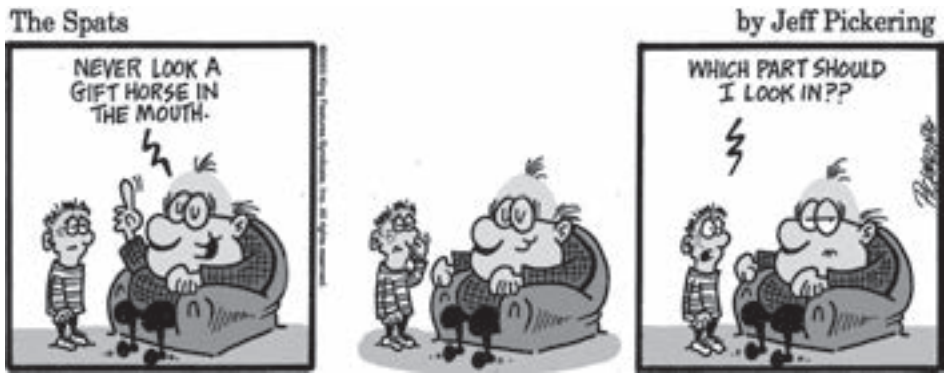
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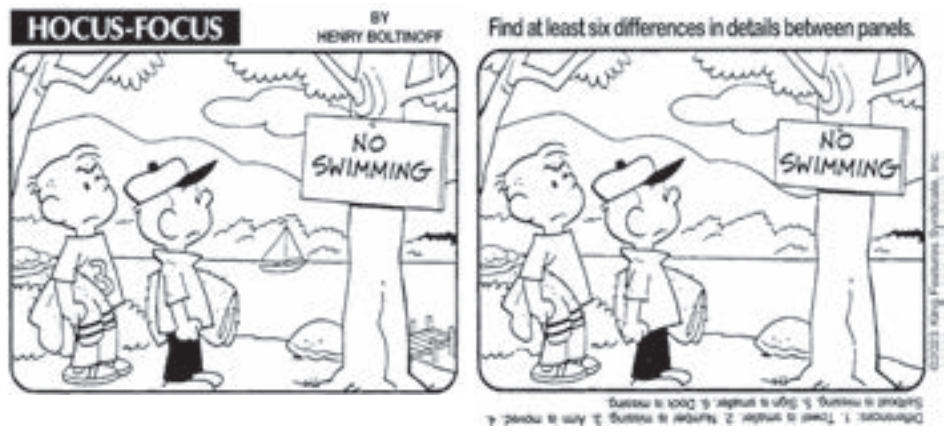


Amber Waves by Dave T. Phipps



HOCUS-FOCUS BY HENRY BOLTINOFF

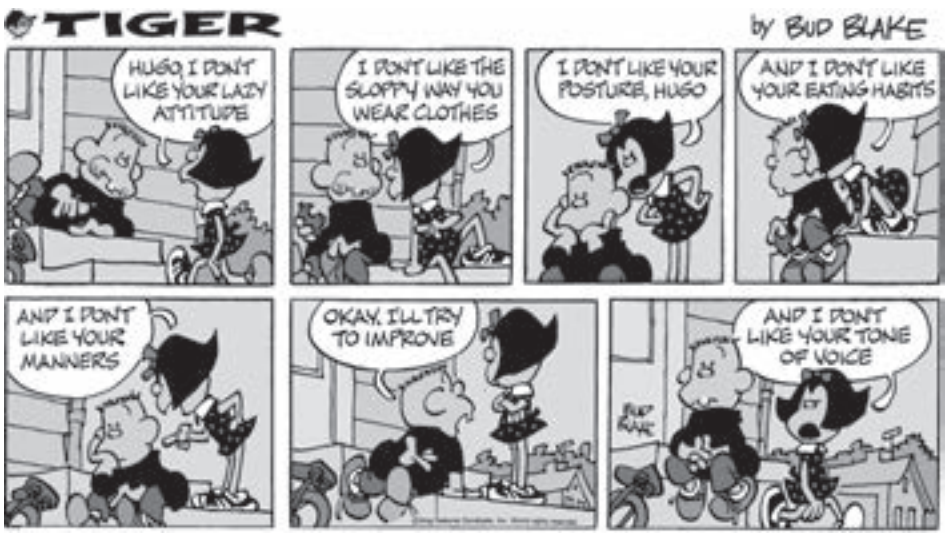
Find at least six differences in details between panels.



Out on a Limb by Gary Kopervas



TIGER by BUD BLAKE





Just Like Cats & Dogs by Dave T. Phipps



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CLUES

ACROSS

1. Kind of wrap
6. Pose a question
9. Be sore
13. Ottoman title
14. Ornamental pond-dweller
15. Florida Key, e.g.
16. Mr. T and friends
17. Knot-tying vow (2 words)
18. Milan's La ____
19. *Walrus' cousin (2 words)
21. *Crustacean "on the barbie"
23. Finish line
24. Creole vegetable
25. He had
28. Gives a helping hand
30. Tranquil
35. Frosts, as in cake
37. Bear, in Latin
39. All the words in a language
40. "By ____, I think she's got it!"
41. Silver to Lone Ranger
43. Chows down
44. Mark Twain to Samuel Langhorne Clemens
46. Toupee spot
47. Pestilence pest
48. Singer Eilish
50. Rub the wrong way
52. Yoda: "Do or do not. There is no ____"
53. *A type of whale or the color of many dolphins
55. Overnight lodging
57. *Inspiration for a certain pineapple dweller
60. *Inspiration for Marvel's Doc Ock
64. South American juice flavor
65. Bearded antelope
67. All thumbs
68. Pineda of Journey
69. Stomach pain-causing acronym
70. Hundred, in Italian
71. Hammer part
72. Not stood
73. Bar, legally

DOWN

1. R&R destinations
2. Angie Thomas' "The ____ U Give"
3. Seaward
4. *Cetology object of study
5. Thin layer
6. *Like green sea turtle and loggerhead sea turtle
7. Grass "carpet"
8. Newsstand, e.g.
9. Fungal spore sacs
10. *Edible bivalve
11. S.O.S.
12. Pilot's estimate, acr.
15. Netanyahu's country
20. Abomination
22. 9 to 5, e.g.
24. Bone burial spot
25. Muslim woman's headscarf
26. Cause for food recall
27. a.k.a. Lucifer
29. Between stop and roll
31. *Coral polyps' structure
32. Raise one's rank
33. Potassium nitrate
34. Student's request for ChatGPT?
36. *#19 Across' earless cousin
38. Hostile to
42. Opposite of ecbatic
45. Smoke, sometimes
49. Energy unit
51. Attract
54. Front of cuirass
56. Religiously unaffiliated, pl.
57. Confident answer
58. Glazier's unit
59. Baker's baker
60. Give a boot
61. Closely confined
62. Plotting
63. "____! In the Name of Love"
64. Year off in school
66. Giannis' league



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Board Approves Responses to Reports on Homeless

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, at its August 8 meeting, approved responses to two Grand Jury reports regarding responses to homeless issues and behavioral health resources including planning, coordination, funding, and measurable outcomes.

The Grand Jury issued two reports related to homelessness that require a response from the County Board of Supervisors. The Grand Jury Report, "Homeless Should Not Mean Hopeless: Homeless Solutions Elude Local Leaders" was issued on May 26, 2023. The report asserts that local governments have failed to work together effectively to address the increasing number of homeless and related issues which has resulted in millions in direct and indirect costs. The report recommended that Sacramento County leaders prioritize a formal, comprehensive approach to homelessness. The report included five findings and four recommendations related to the information in the report along with a list of individuals and agencies required or invited to respond.

The Grand Jury Report, "Mental Health Care For The Homeless: Who Cares?" was issued on June 9, 2023. This report asserted that mental illness and substance abuse among the homeless needs to be addressed through a streamlined, coordinated, and transparent service delivery system and approach that uses measurable, quantifiable outcomes with proven success to make meaningful change. The report included 11 findings and 11 recommendations.

The landscape of the County's homeless and behavioral health programs and services have been rapidly evolving, even over the past year. Some of the Grand Jury findings may have been true at the time, but the County has already taken steps to remedy in recent months.

The County has many programs and strategies under development that will help to move the needle on some of the findings and recommendations that have either not yet been fully stood up or are still in development and have not yet seen the benefits or outcomes.

For example, the Grand Jury indicates that the outreach teams are poorly supported and understaffed. At the time this report was being researched, those findings were likely correct, however, since that time, there has been significant progress made in not only staffing up those teams, but in allocating additional resources to these teams and to the Behavioral Health CORE centers, fostering meaningful engagement. The County has already committed to semi-annual reports on outreach efforts which can be found at our County's Homeless Services Website.

There are some findings and recommendations that the County didn't agree with either partially or fully – in part because the County has another strategy in the works that will meet the same need, or a strategy being recommended warrants further analysis. One example is the formation of a Joint Powers Authority (JPA) to address homelessness countywide.

A JPA is one model that may work. However, with the Governor's new budget requirement for HHAP funding, the County and all regional city partners and Continuum of Care (CoC) will be required to develop a regional plan to coordinate services and funding – therefore a JPA may or may not be the best structure for achieving the intent of this regional plan. As the State issues guidance and requirements, the County and its partners will do a more in-depth analysis.

There are some findings and recommendations that the County has already implemented, but the lack of broad knowledge of these strategies are an indication that the County needs more robust communication efforts. For instance, the Grand Jury indicated that there is no strategic plan that includes the mental health and substance abuse issues facing the homeless. The sixth pillar of the Local Homelessness Action Plan is mental health/substance abuse. Additionally, the Grand Jury indicated that there are not quantifiable metrics, however the plan includes both timelines and measure goals. Read the full LHAP on the County Homeless Services website.

Read the full finding and recommendation response to "Homeless Should Not Mean Hopeless: Homeless Solutions Elude Local Leaders."

Read the full findings and recommendations response to "Mental Health Care For The Homeless: Who Cares?"

The response from the Sacramento County Sheriff Office is available. ★

Taxpayer Hero Retires



Jack Frost, Sacramento Taxpayers Association. Courtesy photo

Sacramento Taxpayers Association News Release

SACRAMENTO, CA (MPG) - Sacramento Taxpayers Association (SacTax) Executive Director Jack Frost, who has been an instrumental leader within SacTax for the past 30 years, has announced his retirement from his position but will remain as a member of the Board of Directors. In an outgoing speech, Frost said, "It's been a very long time since an organization could point to the success that we have enjoyed. Much of the success is due to many of our members who showed up at the rallies, the meetings, and who helped us turn out concerned citizens."

In 2019 Frost sat down with W. Bruce Lee, SacTax President, and asked if he would serve as the Association's President during a time when he saw that the organization needed more structure, leadership and "pizzazz." After many hours of discussion, Bruce accepted the job.

Under Lee and Frost, SacTax's successes include the defeat of a few county and city tax initiatives such as Measure A, a 40-year half-percent sales tax increase in Sacramento County, and the defeat of Measure M, a one percent forever sales tax increase in Citrus Heights.

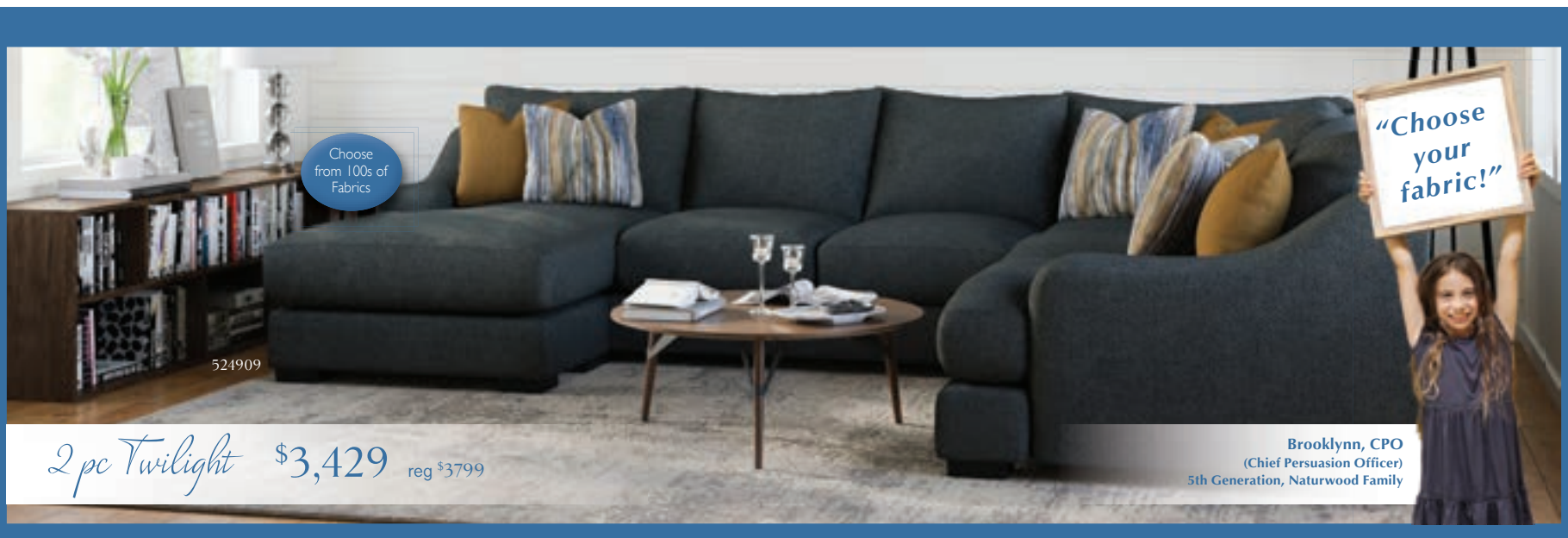
SacTax also contributed to the defeat of Proposition 15, which sought to create a split roll property tax; Proposition 21, which proposed increased local government rent control authority; and the change of election cycle for the County Sheriff, District Attorney, and Tax Assessor. Additionally, SacTax was instrumental in the withdrawal of COVID-19 enforcement fines of up to $10,000 on businesses within the county.

"Jack Frost has contributed immeasurably to the Sacramento Taxpayers Association," Citrus Heights City Mayor Tim Schaefer said, "His measured approach to necessary taxes should be studied before any additional tax measure is put before the voters. I am proud to have served on the Sacramento Taxpayers Association Board of Directors with Jack. I wish him well in the next step of his journey."

Frost will be succeeded by current Secretary, Nick Bloise, into a new role as Director of Operations. Bloise, who brings a wealth of experience to the job, is eager to carry on Frost's legacy and continue to push for fiscal responsibility and accountability in government.

"Jack Frost has proven himself to be one of the Sacramento area's most effective defenders of taxpayer rights. He is a stalwart defender of Proposition 13, ensuring that Sacramento homeowners can stay in their homes without being forced to sell due to excessive taxation and he has advocated for government transparency throughout his tenure with SacTax," said Jon Coupal, SacTax Board Vice President, and President of Howard Jarvis Taxpayers Association.

The SacTax Board of Directors has expressed its gratitude to Frost for his service and commitment to the organization. Per SacTax President, Bruce Lee, "Jack is so much more than a co-laborer for quality, effective government within our region, he is a true friend who is always ready to support the cause of taxpayer rights. Always eager to give credit where credit is due, he has served faithfully, diligently, and with distinction for years. He has been my beloved "right arm" and certainly will be missed by all of us! It is an honor to serve the community with him." ★



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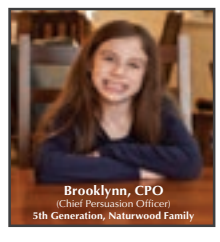
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