

***APA Sacramento Valley Section Honors Urban Planners***

PAGE **12**

***Health Forum Focuses on Detection***

PAGE **5**

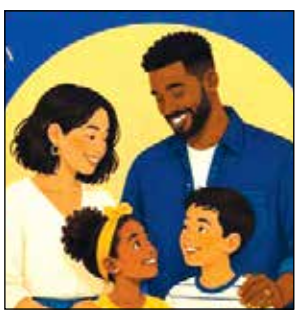



# American River Messenger

VOLUME **21** • ISSUE **21** *Serving Fair Oaks, Orangevale & Sacramento County* NOVEMBER 6, **2026**


**SEE INSIDE**


SUPERIOR COURT TO HOST ADOPTION DAY EVENT



PAGE **2**

JACKIE WHITE SETTLES IN AS COUNTY SUPERINTENDENT



PAGE **5**

FINDING COMMON GROUND WITHOUT LOSING OUR PRINCIPLE



PAGE **7**


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


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


# Encore Chamber Ensemble Seeks New Members



**Interested musicians should bring their instrument to each rehearsal session and are asked to have a folder or binder in which to keep all their music together and carry a pencil with an eraser to mark their music.** Photo courtesy of Encore Chamber Ensemble

***By Thomas J. Sullivan***

**SACRAMENTO, CA (MPG)** - Have you considered taking your violin, viola, cello or double bass out of its case after years of gathering dust and playing once again?

Consider a visit to an evening rehearsal session of the Encore Chamber Ensemble, an amateur string ensemble who rehearse at the Elks Club in Carmichael and whose members share a love for the performance of chamber music.

Now in its fourth year, the ensemble, which consists of some 20 active members, is especially suited for both adult beginners and returning players with no auditions and a genuine focus on music-making for enjoyment, according to its director, Donna Alpert.



**The ensemble's repertoire consists of mostly classical music, and classical arrangements of seasonal music.** Photo courtesy of Encore Chamber Ensemble

Alpert founded the Encore Chamber Ensemble in 2021 to give adult musicians — whether starting a string instrument for the first time or returning after many years — the chance to play in a group in a non-competitive, friendly environment.

"Encore is always accepting new members; some are seasoned, experienced

*Continued on page 12*

# What's Cooking in California Schools?

## *Farm to School Summit brings state leaders, local students and fresh ideas*

***By Ornella Rossi***

**RANCHO CORDOVA, CA (MPG)** - California has spent five years making sure public school students can eat breakfast and lunch for free. Now, the question is what goes on their trays.

That was the focus Thursday, Oct. 15, as farmers, school nutrition workers and state leaders gathered at Soil Born Farms for the 2026 California Farm to School Summit. The summit celebrated free school meals and examined how districts can serve more fresh, locally grown food.

Local students helped bring that mission to life. Cordova Gardens Elementary School students opened the morning program with a performance of "Dirt Made My Lunch." At the farm's animal barn,



**Farmers, school nutrition workers and state leaders gathered at Soil Born Farms for the 2026 California Farm to School Summit.** Photo courtesy of the California Farm to School Summit

designed for regenerative farming and agricultural learning, Cordova High School FFA members demonstrated how milk fat affects ice cream texture and discussed wool quality, safe animal handling, poultry and fresh egg care, rabbit care and competition preparation, and animal branding and identification.

Cordova High's FFA floral class also hosted "Big

*Continued on page 3*

# Defendant Sentenced to 650 Years – Life for Child Sexual Assaults

***Sacramento County District Attorney's Office News Release***

**SACRAMENTO, CA (MPG)** - On Oct. 15, the Honorable Kenneth Brody sentenced Michael Jones to 650 years to life in state prison. On Sept. 17, Jones was convicted by a jury of 16 counts of child sexual assault. Aggravating factors of substantial sexual conduct and multiple victims were also found true.

When the first victim was 11 to 13 years old, Michael Jones committed hundreds of sexual acts against her, including intercourse and sodomy. Jones initially began by grooming the victim and quickly progressed his conduct. When the victim disclosed the abuse, Jones fled and remained hidden from law enforcement for seven years. During this time, Jones began sexually assaulting another child when she was 9 years old.

Under current California law, Jones (age 43) would have become eligible for release at an Elder Parole hearing once he turned 50 years old and served 20 years of his 650 years to life prison sentence. With the passage of AB 2727, Jones will not become eligible for release at an Elder Parole hearing until he turns 65 years old and has served 25 years of his 650 years to life prison sentence.

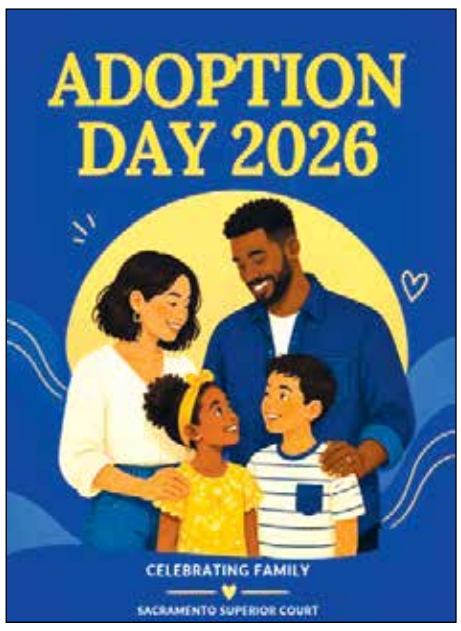
Also, before any parole, Jones will receive an evaluation to determine if he is a Sexually Violent Predator (SVP). If he is deemed to be an SVP, he will face an indeterminate civil commitment to a secure state hospital facility for psychiatric treatment.

Additional material on Elder Parole can be found at sacda.org. ★


WE SUPPORT OUR MILITARY

# Sacramento Superior Court to Host Adoption Day Event

***Sacramento Superior Court News Release***




**SACRAMENTO, CA (MPG) -** Sacramento Superior Court will finalize and celebrate the adoptions of children from foster care on Friday, Nov. 6.

"Every year on Adoption Day, the Juvenile Court celebrates family," said Blanca Boyd, director of operations for the juvenile court. "We are honored to be part of such an important milestone in the lives of these families."

Adoption Day is an opportunity to increase public awareness of the need for adoptive parents and educate prospective adoptive parents about the adoption process. It is also a time to celebrate local families who have opened their lives to children in need of permanent homes.

"We are so happy for the families who are joining us for their adoption ceremonies on this special day," said Judge Kristina Lindquist, presiding judge of the juvenile court. "Adoption Day is an important, annual celebration of safe, loving, and permanent homes for children who have been in the foster system."

Adoption Day in Sacramento County is a collaborative effort between multiple agencies.

"Adoption Day is a labor of love by our court staff and community partners, and I could not be more proud of the work that goes into this event," said Judge Lindquist. "We witness this same type of dedicated, caring collaboration of our system partners on a daily basis to ensure the well-being of every child in foster care."

This Nov. 6, judges and court staff will be joined by community partners, including the Department of Child and Family Adult Services, Court Appointed Special Advocates of Sacramento (CASA), Parent Cooperative Community, Sacramento Sheriff's Department Youth Services Unit, Sacramento Public Library, Zeta Phi Beta, Lend A Heart, Wayinder, The 501st Legion and Build A Sundae to bring together those families participating in adoption proceedings that day.

"All children deserve to have a family and strong connections for life," said Sacramento County's Deputy Director of Child Protective Services, Melissa Lloyd. "Adoption is a great work of love and provides a child the opportunity to develop secure attachments and be supported to achieve optimal physical and emotional growth and health overall."

Adoption Day festivities will include scheduled adoption proceedings, refreshments, and activities for children. The event will be held at the Juvenile Courthouse in Sacramento.

"We are glad to celebrate the families who will join us on Adoption Day, but it is also important to remember that in our own community, there are many children in foster care every day who need the help of those willing to open their homes as foster and adoptive families," Judge Lindquist said. "The need for additional families to help these vulnerable youth in Sacramento is real. Every child deserves the love and connection of a supportive family."

*As adoption proceedings are confidential, this event is not open to the public or members of the media.* ★

MEMORIAL

## PETER ESTABROOK KNEEDLER — 04/09/1934 - 08/19/2026



Pete, and his twin brother Bill, were born in Los Angeles and grew up "Beach Boys" in Del Mar playing two-man volleyball and growing to 6"4'.

They graduated from San Degito High in 1951 and from Stanford University in 1956, where the twins went separate ways for the first time.

Pete moved to Sacramento to work for the state Department of Education.

Pete met Suzi at the Carmichael Elks Club senior singles dance Fathers Day 2001. Love at first glance, marriage followed a few months later, and the honeymoon lasted 25 years.

Members of the Evangelical Presbyterian Church (EPC), they attended first Fair Oaks Church, then Christ Community Church.

A lifelong member of the Northern California Regional Group (NCRG) of the Horseless Carriage Club of America (HCCA) he restored several antique automobiles.

Pete and Bill celebrated their 90th birthday together in 2020.

He is survived by his son Chris, from his first marriage, by Bill's children Jim and Kathy, and by Suzi and her children and grandchildren to whom he was a beloved mentor.

John 3:16.

Celebration of Life 11/14/26 @ 9 AM, Christ community Church, Carmichael.










# What's Cooking in California Schools?

*Continued from page 1*

Smiles and Little Blooms," showing visitors how to arrange flowers and discussing the benefits of floral design for mental well-being. Both schools are part of Folsom Cordova Unified School District, which partners with Soil Born Farms to provide hands-on agricultural education.

The local involvement was one piece of a statewide effort. In 2021, California became the first state to adopt free breakfast and lunch for all public school students, regardless of family income. Schools have since served approximately 3.5 billion free meals, according to summit organizers.




**The summit included California Food for California Kids Leadership and Innovation Awards honoring 10 school nutrition leaders statewide.** Photo courtesy of the California Farm to School Summit

California has also invested $86 million in its Farm to School Incubator Grant Program, supporting 375 projects benefiting 4.2 million students. The grants help schools buy from local growers, improve menus and teach students where their food comes from.

"What we have achieved in school meals and farm to school is something that many did not think was possible five years ago," said Abby Halperin, senior policy and evaluation manager at the Center for Ecoliteracy, opening the first panel.

The discussion, "Farm to School in Policy: California as a Model for the Nation," brought together farmer Anna Nakamura Knight of Old Grove Orange, Tahoe Truckee Unified School District nutrition director Kat Soltanmorad and Food Insight Group co-founder Beth Katz.

Soltanmorad said free school meals have helped remove the divide between students whose families could afford lunch and those who could not.

"There was no difference when you came through the line," Soltanmorad said. Her district has also expanded scratch cooking and purchasing from regional farms.

For Knight, the partnerships make a difference at the other end of the food chain.

"For us, farm to school is what helps small farm families like mine keep farming forever," she said.

Knight described how selling directly to school districts gives her family farm steadier income and opportunities to host student field trips.

But getting fresh food onto the lunch tray is not as simple as changing a menu.

A second morning panel, "Farm to School in the Kitchen: From Ultraprocessed to Fresh School Meals," focused on staffing, equipment and the practical work behind healthier meals. Panelists included Ambrosia Allen, nutrition services director for Elk Grove Unified School District; Stella Ndahura of Azusa Unified; and Sunny Baker of the National Farm to School Network.

When asked about priorities Allen said districts need realistic timelines, equipment and training to buy and prepare more local food. Ndahura described a problem many smaller districts face: "Kitchens are old and dated. We need refrigeration space."

The discussion comes as California prepares to implement Assembly Bill 1264, a 2025 law requiring certain ultraprocessed foods to be phased out of school meals. Allen said school nutrition staff need a clearer definition before they can plan menu changes.



**The 2026 California Farm to School Summit took place at Soil Born Farms, a 55-acre Rancho Cordova urban farm and education center.** Photo courtesy of the California Farm to School Summit

"But first, tell me what ultraprocessed is. If I don't know, I can't move away from that," Allen said.

Baker warned against replacing restricted products with newly formulated versions of the same foods. "We can't have reformulation stand in for real food. Kids know the difference," she said.

A California Department of Public Health representative told attendees the agency is working with the Department of Education to gather input from food service directors about what districts can realistically prepare and serve. A public survey on the new definitions is open through Nov. 15, and a separate survey for school nutrition directors is expected early next year.

The afternoon program examined how schools can create dependable markets for farmers in "Farm to School in the Field: Climate-Smart, California-Grown School Food," with representatives from Esperanza Community Farms, the Yurok Tribe Food Sovereignty program and Los Angeles Unified School District. The session examined how hands-on learning about food production helps students better understand the food system and encourages curiosity about trying new foods.

"Since coming to Cordova, I have gained more experience and knowledge of production, process, and the specific sciences behind plant and animal production through opportunities at Soil Born Farms," Rubio Shared.

A later panel, "Farm to School in the Classroom: Hands-on Food Education" featured Cordova High student and FFA chapter president Victoria Rubio alongside educators from the Agricultural Institute of Marin and Rio School District, discussing learning through gardens, farms and cafeterias.

The summit also included California Food for California Kids Leadership and Innovation Awards honoring 10 school nutrition leaders statewide. Elk Grove Unified's Michelle Drake received the Food Access and Equity Award for expanding nutrition education, farm visits and hands-on learning opportunities.

"These leaders are proving that fresh and local school food is possible at scale," said Center for Ecoliteracy Executive Director Alexa Norstad in a statement.

A full list of recipients is available at cafarmtoschoolsummit.com/awards.

At Soil Born Farms, a 55-acre Rancho Cordova urban farm and education center, those ideas came together. Founder and co-director Shawn Harrison encouraged visitors to see how gardens, kitchens and farm experiences work together.

"When you bring them together, magical stuff starts to happen," Harrison told attendees. ★




As your community-owned, not-for-profit electric service, you can count on us to power you safely and reliably, with clean energy, programs to lower your bill and some of the lowest rates in California. This is your community, where families grow, neighbors connect and life happens. It's where the energy behind your most meaningful moments begins. Every connection builds the future of this place we call home. **Together, we're powering the moments that matter.**

Learn more at **smud.org/Community**

SMUD®

© SMUD 0766-26 ®SMUD is a trademark/service mark of Sacramento Municipal Utility District, Reg. U.S. Pat. & Tm. Off.



# Popp Talk

With Mary Jane Popp

## *Why Veterans Day?*

We all love celebrations, don't we? We celebrated Memorial Day and now it's time for Veterans Day. Aren't they for the same reason to honor our military men and women. Not exactly. They are six months apart, but the emphasis is quite different. Memorial Day is a day for remembering and honoring military personnel who have died in the service of our country, particularly those who have died in battle. While those who died are also remembered Veterans Day, the day is set aside to thank and honor ALL those who served honorably in the military in wartime or peacetime. In fact, Veterans Day is largely attended to thank LIVING veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served not only those who died-have sacrificed and done their duty.

That's why I am so proud to have had one of those honorable men in my life for both these special days. My late husband was a Vietnam Vet and served overseas fresh out of OCS as a Second Lieutenant, stayed in the reserves after he served his stint in Vietnam, and retired a LT Colonel. By the way, haven't you wondered why there is no apostrophe in Veterans Day, but does include an "s" at the end of the word veterans? How about this? Because it is not a day that belongs to veterans, it is a day for honoring ALL veterans. I honestly did not know that. Never to old to learn. Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls.

How about a little history on this special day. It goes back a very long time to 1918. WWI was known at the time as "The Great War" that officially ended when the Treaty of Versailles was signed on June 28, 1919 in the Palace of Versailles in France. However, the fighting ceased seven months earlier when the armistice, or temporary cessation of hostilities between the Allied nations and Germany, went into effect on the 11th hour of the 11th day of the eleventh month. For that reason, November 11, 1918, is generally regarded "the war to end all wars." It was a true wish for all to hope for, but unfortunately, that was not the end of all wars as WWII was in the wind.

Perhaps we can learn from tragedy of all the wars that were to come from WWII to the Korean War, Vietnam War, even though they didn't call it a war, to Dessert Storm, Iraqi War, Afghanistan, to the Iran War. God willing there will not be more, but I am beginning to believe as long as humanity exists, there will be wars over something that is believed to be justified. For now, on the 11th hour of the 11th day of the 11th month, we will continue to honor all those men and women whose courage makes sure we remain free. GOD BLESS THEM ALL! ★





**Protect and Heal your whole family with Affordable Chiropractic Memberships**

All-inclusive monthly memberships from $39-$69 per visit. CALL or TEXT us today!



BRING IN THIS AD AND RECEIVE $50 OFF YOUR INITIAL EXAM/TREATMENT

- Improves mobility, maintains flexibility
- Family owned and operated
- 25+ years experience serving the community
- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica

**AMERICAN RIVER CHIROPRACTIC**

2280 Vehicle Drive, Suite 110
Rancho Cordova, CA 95670

**916-776-6362**

**americanriverchiropractic.com**

***CALL or TEXT today!***

**LOCAL ARREST RECORDS**

**Find out what's happening in your local area**

**Arrest Logs updated daily**

**AMERICANRIVERMESSENGER.COM**

**KP International Market**
FOOD COURT NOW OPEN
10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000
Market - 7 Days: 8am - 9pm
Food Court - 7 Days: 11am-7:30pm
Korean / Mex / Viet: 7:30pm last call
Chinese / Japanese 7:00pm last call
kpinternationalmarket.com /kpinternationalmarket /kpinternational @kpimsac

**KP KARAOKE SPECIAL** Sun-Thu Come before 6pm (Valid Time) Fri-Sat Come before 5pm (Valid Time)

- For 6 people $115.00 + Gratuity — 3Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room)
- For 12 people $210.00 + Gratuity — 3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Medium Room)
- For 14 people $230.00 + Gratuity — 3Hours Karaoke + 2Pizza + Pitcher Soda + 4 Main Dishes (Family Room)
- For 18 people 295.00 + Gratuity — 3Hours Karaoke + 3Pizza + Pitcher Soda + 6 Main Dishes (Large Room)
- For 28 people $395.00 + Gratuity — 3Hours Karaoke + 3Pizza + Pitcher Soda + 6 Main Dishes (Party Room)

Dishes To Choose From

**FROZEN & FISH DEPT**

Pork Lumpia Shanghai Recipe 2 lb — REG.$17.99/EA — $12.99 /ea

Apple Flavored Yogurt Drink 25 pcs — REG.$4.99/PK — $2.99 /pk

**WEEKLY MEAT SPECIALS**

- Beef London Broil/ Top Round Roast — $5.29 /lb
- Beef Ribeye Roast Boneless — $7.99 /lb
- Chicken Drumstick — 79¢ /lb
- Pork Neck Bones — $1.99 /lb
- Pork Loin Chops Bone-In — $1.99 /lb
- Pork Baby Back Ribs — $3.99 /lb

**WEEKLY HALAL SPECIALS**

- Chicken Drumstick — 89¢ /lb
- New Zealand/ Australian Lamb Stew Meat-Bone In — $5.99 /lb
- Beef London Broil/ Top Round Roast — $5.49 /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS.
PRICES EFFECTIVE NOVEMBER 04 - NOVEMBER 10, 2026.

**FRESH PRODUCE**

- Golden Sweet Potato — $1.19/lb
- Mexican Squash — $1.19/lb
- Raspberry Driscoll 6 oz — $2.99/ea
- Black Grape — $1.99/lb
- Carrot 25 lb Bag — $13.99/bag
- Russet Potato 10 lb Bag — $2.79/bag
- Pomegranate — $1.29/lb
- Enoki Mushroom 150 g — $1.29/ea

**AMERICAN/HISPANIC GROCERY**

- Old El Paso Taco Shells 10 Shells 4.94 oz — REG.$4.99 — $2.29 /ea
- Post Premier Protein Choco Granola 8 oz — REG.$6.99 — $2.19 /ea
- Colavita Tagliolini Nests 16 oz — REG.$4.99 — $2.49 /ea
- D'Onofrio Paneton Fruitcake 31.04 oz — REG.$19.99 — $16.99 /ea
- EED Artichoke Hearts 14 oz — REG.$2.99 — $1.59 /ea

**ASIAN GROCERY**

- Inday's Best Dried Taro Leaves 3.5 oz — REG.$3.49 — $2.99 /ea
- Tropical Farm Coconut Milk 13.5 f.oz — REG.$1.49 — $1.29 /ea
- OTeh Teh Tapioca Boba 5 lbs — REG.$15.99 — $13.99 /ea
- Dole Pineapple Juice 46 f.oz — REG.$6.99 — $4.99 /ea
- Laguna Coconut Milk Drink 12 x 10.5 f.oz — REG.$15.99 — $6.99 /case

**EUROPEAN GROCERY**

- Mr. Martin Premium Jumbo Sunflower Seed 450 gr — REG.$7.99 — $5.99 /ea
- Sera Grape Leaves (in brine) 908 gr — REG.$7.99 — $5.99 /ea
- Ichnya Condensed Milk 370 gr — REG.$4.29 — $2.99 /ea
- Traditional Turkish Delight 250 gr — REG.$7.99 — $5.49 /ea
- Jermuk Natural Mineral Carbonated Water 750 ml — REG.$2.49 — $1.59 /ea +CRV +TAX

**EUROPEAN DELI**

- Columbus Roast Beef — REG. $18.29/LB — $15.29 /lb
- Columbus Beef Pastrami — REG. $19.79/LB — $15.79 /lb
- Columbus Pan Roasted Breast Turkey — REG. $14.29/LB — $12.29 /lb
- Belmont German Ham — REG. $6.99/LB — $5.99 /lb

**FROZEN & FISH DEPT**

REG.$6.99/EA — $4.99 /ea — Pork Sausage 2 kinds 226.8 g

**HOUSEWARE**

- Paon Seven-Eight Hair Color (Kit Only) — REG.$10.99 — $8.99 /EA
- Kaizen Wok Pan 30 cm — $16.99 /EA
- Electric Rice Cooker — $54.99
- Electric Rice Cooker — $59.99
- Electric BBQ Grill — $39.99 /EA

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. **PRICES EFFECTIVE NOVEMBER 04 - NOVEMBER 10, 2026.**

# Jackie White Settles in as Sacramento County Superintendent

## *New Superintendent Reflects on Her Journey and Vision for Public Education*

***Sacramento County Office of Education News Release***



**Jacqueline "Jackie" White was sworn in Sacramento County Superintendent of Schools on Sept. 1, becoming the first woman to hold the position in more than a century.** Photo courtesy of Sacramento County Office of Education

**SACRAMENTO, CA (MPG) -** Jacqueline "Jackie" White celebrated a historic milestone during her Sept. 1 swearing-in ceremony as Sacramento County Superintendent of Schools, becoming the first woman to hold the position in more than a century.

Surrounded by family, friends, educators and community leaders, White reflected on the people who helped shape her journey, her more than 20 years in public education, and her hopes for the students and communities she now serves.

The occasion marked a new chapter in a career that began in the classroom, where White taught fifth and sixth grades in the Twin Rivers Unified School District. She subsequently served as a principal, district administrator and assistant superintendent at the Sacramento County Office of Education (SCOE), overseeing programs ranging from career technical education and adult education to services for some of the county's most vulnerable students.

For White, the journey has been both professional and deeply personal.

She spoke warmly about her family, particularly her two grandmothers, one a school secretary and the other a science teacher, whose influence helped shape her life and commitment to education.

"They gave me both roots and wings," White said, reflecting on the generations who helped make the moment possible.

White also paid tribute to her predecessor, David W. Gordon, who served as county superintendent for more than two decades and whose career in education spans more than 50 years.

"You are a leader among leaders and have always modeled grace, compassion and kindness," she told Gordon, thanking him for his guidance and generosity during the transition.

The ceremony also featured a spoken-word presentation by Patrice Hill, a longtime educator, poet and director of Sacramento Area Youth Speaks, whose message of hope, resilience and collective responsibility reflected the spirit of the occasion.

"Together as community, embracing transformative leadership, we will light the way. We will fight for education and a brighter day," Hill told those gathered.

Her presentation, built around the theme "Futures Forward," emphasized the importance of working together to overcome challenges and create opportunities for future generations.

While recognizing the significance of becoming the first woman to serve as county superintendent since Minnie O'Neill held the position from 1907 to 1914, White emphasized that her attention is firmly on the future.

She acknowledged the challenges confronting public education, including declining enrollment, financial pressures and rapidly changing technology. But her message was one of optimism, determination and shared responsibility.

"We must stand resolute, arm in arm, knowing our children deserve the best we can give them," White said. "We must dream for them. We must work for them."

White emphasized that meeting those challenges will require schools, families and communities to work together, listening to students, expanding educational opportunities and strengthening the support systems that help young people succeed.

Her vision extends beyond academic achievement to preparing students for college, careers and meaningful participation in their communities.

Throughout the evening, White returned to the importance of the people who supported her journey and the collective effort needed to improve public education.

"It is with great humility that I recognize there is no me without all of you," she said.

As she begins her tenure, White hopes to build on Sacramento County's educational accomplishments while ensuring that every student has the opportunity to succeed.

Her goal is straightforward but ambitious: creating the conditions for every student in the Sacramento region to "belong, learn, lead and thrive."

"That is the work. That is the opportunity," White said. "And it is an honor to do that work with all of you."

The swearing-in ceremony can be viewed online at: https://www.youtube.com/watch?v=F-WiwuzFHbaE. ★

# Health Forum Focuses on Detection

***By Kevin Ruse***

**SACRAMENTO, CA (MPG) -** Shortly after attending an employer-sponsored health screening event, Andrew Cope received a phone call advising him of his APOE status. Andrew was told he had two copies of the APOE4 gene. This rare genetic profile, which occurs in only about 2-5% of the general population, represents the strongest known genetic factor for developing late-onset Alzheimer's disease. What followed, for Mr. Cope, a natural researcher, was an in-depth study of what his future might hold, all while navigating primary care, neurologists, clinics, and additional testing.

How many of us have wondered how we would feel and what we would do if we received similar information? Does having a family history increase my risk? How can I find out? Are treatment options available today? Who will take care of me, and how?

These questions and many more will be addressed at the 11th Annual Brain Health Forum to be held on Friday, Nov. 13 from 9:30 a.m. to 11:30 a.m. at the Carmichael Elks Lodge #2103 at 5631 Cypress Avenue, Carmichael, CA 95608.

This year's theme is: "This Is Our Mammogram Moment." Just as mammograms transformed early detection and outcomes for breast cancer, advances in early detection and treatment are creating new opportunities for patients and families with Alzheimer's and other forms of dementia.

This year's forum will focus on exciting advances in Alzheimer's early detection, including blood-based testing, new treatment options and practical information for families navigating the challenges of caregiving. From 9:30 a.m. to 10 a.m., resource tables will provide valuable information for caregivers, including help with meals, transportation, home safety and respite care.



**Andrew Cope thanks Assemblymember Catherine Stefani at San Francisco's Walk to End Alzheimer's for supporting SB 950's expanded treatment coverage and reduced step-therapy barriers for people with Alzheimer's and other memory conditions.** Photo courtesy of Kevin Ruse

Attendees will have the opportunity to speak with representatives from Dignity Health, Sutter Health, UC Davis, the Greater Sacramento Women's Brain Health (GROW) Program, Del Oro Caregiver Resource Center, the Alzheimer's Disease Research Center, Veterans Administration and more.

From 10 a.m. to 11:30 a.m., the forum will feature a variety of presenters including Dr. Shawn J.Kile, a neurologist who specializes in cognitive disorders including Alzheimer's disease and other forms of dementia. Claire Day, Chief Mission and Program Strategy Officer for the Alzheimer's Association Northern California and Northern Nevada Chapter, will speak about the U.S. POINTER lifestyle interventions shown to support cognitive health. Also presenting will be Andrew Cope, who will share his personal story and perspective on the importance of early detection and timely access to treatment.

Whether you're concerned about your own brain health, caring for a loved one or simply interested in the latest advances in Alzheimer's research, this free community event offers an opportunity to learn, ask questions, and connect with valuable local resources.

The 11th Annual Brain Health Forum is presented by the Alzheimer's Association of Northern California and Congressman Ami Bera, M.D. You can register for this free event at https://bera.house.gov/events/brainhealthforum or call 1-800-272-3900. The Brain Health Forum is free of charge. Light refreshments will be served along with giveaway prizes. ★

# Weekday Closures of Freeport Bridge in November




**During the closures, detour signs will direct travelers south of the project where they can cross at the Paintersville Bridge.** Photo courtesy of Sacramento County

***Sacramento County News Release***

**SACRAMENTO, CA (MPG) -** The Sacramento County Department of Transportation (SacDOT) will conduct full weekday closures of the Freeport Bridge between Highway 160 and South River Road throughout the month of November.

The Freeport Bridge is about a mile south of the Cosumnes River Blvd on the east side of the Sacramento River and approximately four miles north of Clarksburg on the west side of the river. The bridge connects South River Road in Yolo County with Highway 160 in Sacramento County.

SacDOT is closing the bridge for repair work. Detours will be set up during the weekday closures. The closures will run Monday through Friday from 6 a.m. to 6 p.m., Nov. 2 through Nov. 30.

The bridge will reopen to traffic each evening and remain open Saturdays and Sundays.

During the closures, detour signs will direct travelers south of the project where they can cross at the Paintersville Bridge. Traveler on the east side of the Sacramento River can take River Road/Highway 160 to the Paintersville Bridge and drivers on the west side of the Sacramento River can use South River Road to the Paintersville Bridge detour.

The reconstruction cost for Freeport Bridge Deck Repair is $300,000 and is funded by the Sacramento County Road Fund. Drivers are encouraged to give themselves extra travel time due to the weekday detours.

A detour map can be viewed at: https://sacdot.saccounty.gov/. ★

# Kings Korner

## By V.G. Harris

# Let's Get a Win

***By V.G. Harris***

As the Sacramento Kings enter the week with a winless 0-6 record to start the 2026/2027 NBA season, fans scratch their heads and ask the question, "where do we go from here?"

In this column I have discussed the value of leadership, and as the Kings continue searching for their first win of the season, I'm asking from what quarter will that leadership come?

Radio talking heads and pundits from all corners are calling for a change in the coaching staff and for All star Domantas Sabonis to be traded.

Doug Christie appears to be a ships captain without a rudder, and of the 6 losses the Kings have to start the season, only 2 of those games did Sacramento have a legitimate chance of winning.

If I have any criticism, it is not having a collective game plan. Simply telling the team to play better defense or shoot more 3's is not a game plan, and I wonder how long it will be before the players begin to lose faith.

All eyes are on Monday night's game against the Dallas Mavericks, and I am hopeful although doubtful that it will produce a win.

For those fans that simply say we don't have the players, I would say as I have before that there is legitimate talent on this team already.

Domantas Sabonis continues to be the constant foundation of the team, and whether it's scoring, rebounds, or defense, Domantas gives it 100% effort from start to finish.

When we talk about leaders, they come from outside the court and most definitely on the court.

While the organization won't stop talking about trading Sabonis, I completely disagree with their assessment, and if the worst thing that Sacramento will have to endure is a cellar dweller of a season to weather the storm, I believe that the fan base will hold their nose and stay the course.

Let it not be said that Sacramento fans ever turned their backs on this team, because it has never happened.

However, ownership needs to begin the process of making cogent changes that will not just bring energy to this team, but true direction.

The idea of playing the rookies and second year players is a no-brainer, but the offensive is unimaginative, and on defense any semblance of guarding the 3-point line simply isn't there.

Fans need to give credit where credit is due, and both Domantas Sabonis and Zach Lavine have shown up in a big way.

Is it any surprise that a healthy Domantas Sabonis is already leading the league in rebounding once again, and relative newcomer De'Andre Hunter is currently 32nd in the league in 3-pointers made.

Zach Lavine is tied in 32nd place in 3-pointers made, and I look for that to improve dramatically if the Kings can make progress with their offensive schemes.

Yes, Kings fans, it is a dark time in Sactown, but this early in the season it is way too early to throw in the towel.

I am but one opinion, and I'm anxious to hear from you, the fans.

Go to thekingskorner.com and subscribe to my website and please, by all means leave me a comment. What direction do you believe the Sacramento Kings should go?

I'll publish your collective thoughts, and we'll navigate through this difficult time together.

Without question bright spots remain in both Darius Acuff Jr., and rookie Emanuel Sharp, and how the Kings develop these 2 youngsters will be a testament of good things to come.

I heard a poem many years ago that the Kings should take note of and it goes like this:

For want of a nail, the shoe was lost,
For want of a shoe, the horse was lost,
For want of a horse, the rider was lost,
For want of a battle, the kingdom was lost,
And all for the want of a horseshoe nail.

Kings fans, Doug Christie and his staff don't need to reinvent the wheel. They need to find one small thing that is wrong and correct it. Once that has been accomplished, find the next thing, and repeat the process.

Once this exercise has been done a dozen times watch the victories mount up, and one more thing. Keep us informed as to what you're doing. We're all waiting for positive things to root about.

*All the best!* ★

# California's Campaign Drama Entices Political Junkies, But Serious Issues Get Short Shrift



***By Dan Walters, CALMatters.org***

This year's political campaigns gave California's political junkies plenty of chaotic events to savor: gerrymandered congressional districts; the sudden, scandalous downfall of a frontrunner for governor, and running feuds with President Donald Trump over voting.

However, for those of us who just want effective governance that addresses the multitude of challenges arising from California's socioeconomic complexity, the campaign season has been drearily disappointing.

Few, if any, office seekers have even mentioned such serious issues as unstable water supplies, budget deficits, homelessness or rising living costs, much less offered voters clear-eyed approaches to them.

The Democratic playbook has often been to blame Trump for everything negative, even though those important issues afflicted California long before he appeared on the political scene.

Meanwhile Republicans, with very slim chances of making gains in such a blue state, have pinned every unresolved problem on outgoing Gov. Gavin Newsom, even though he inherited many of them when he took office in 2019.

Polls tell us that Californians are in a sour mood. They're worried about soaring living costs and the economy in general and are unhappy with the status quo. Yet they seem unwilling to make big political changes — preferring the known to taking a chance on the unknown.

That contradictory attitude is particularly evident in the campaigns for the two most important offices being filled this year, the governor and mayor of Los Angeles.

Despite having served in public offices for decades, including a stint as attorney general, Xavier Becerra's support for governor in polls last spring was in the low single digits. Back then the odds-on favorite, Congressmember Eric Swalwell, self-destructed as multiple women accused him of sexual harassment or even assault.

Swalwell not only dropped out of the race but resigned his congressional seat. The only other candidates with double-digit support were left-leaning billionaire Democrat Tom Steyer and Republicans Steve Hilton and Chad Bianco.

But they were unacceptable to Democratic leaders and their labor union allies, who immediately chose Becerra as a known quantity and therefore the most acceptable of the single-digit candidates. With Democrats holding a massive edge in voter registration, that made Becerra the likely next governor, and he still is.

Becerra's campaign has consisted almost entirely of blaming Trump and refusing to offer any tangible approaches to the multiple issues he'll likely inherit from Newsom. He knows he can win without committing himself publicly, so he doesn't.

While Becerra represents the don't-rock-the-boat stance at the state level, Los Angeles Mayor Karen Bass, another veteran of multiple offices, is his counterpart in the state's largest city.

But she, unlike Becerra, cannot coast into victory. Bass is carrying heavy baggage from her sloppy handling of the wildfires that swept through Los Angeles and its suburbs early last year.

Bass was junketing in Ghana when the fires erupted, even though there had been forecasts that hot winter winds could create wildfire conditions. She tried to blame others for the miscue, fired the L.A. fire chief and later attempted to alter an official report on how the fires were handled.

Bass is highly unpopular but offers herself as a known quantity, while her left-leaning opponent, city councilmember Nithya Raman, represents the potentially disruptive unknown. The outcome could go either way.

Thank goodness the cacophony of shrieking TV spots making promises that cannot be kept or portraying rivals as devils incarnate — and the fliers filling our mailboxes — will all end soon.

Sometime after the polls close Tuesday — maybe weeks later in some close contests — we'll learn who survived. The losers will be disappointed, the winners will be jubilant and once again we will hope that they'll do more than plot how to climb the next rung on the political ladder.

*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

## *Am I Entitled to More Social Security as a Veteran?*



***By Russell Gloor, AMAC Certified Social Security Advisor***

***Dear Rusty***: I served in the U.S. Army from July 1964 to July 1967. Am I eligible for a higher Social Security payment? Thank you. ***Signed: Vietnam Era Army Vet***

***Dear Army Vet:*** Please accept my sincere thanks for your military service. I believe you are referring to the "Special Extra Credit for Military Service" which has been the subject of many published articles. That refers to a special Social Security accommodation available only to those who served in the military during specific periods of time - but it does not add to your monthly Social Security payment. Rather, it adds to your military earnings record for the years you served, which may (or may not) result in a higher Social Security benefit when you later claim Social Security.

Here's how it works in your case:

Serving between 1964 and 1967, if you told Social Security of your military service when you applied for Social Security benefits (or gave them a copy of your DD-214), they would have added up to $1,200 per year to your military pay record (FYI, those who served after 1966 were automatically given earnings credit for their military service years). However, whether those special extra credits would affect your monthly Social Security benefit depends on your lifetime earnings record when you later claimed Social Security.

When you applied for benefits, Social Security reviewed your lifetime earnings and used the highest earning 35 years of earnings over your lifetime (adjusted for inflation) to calculate your "Primary Insurance Amount" (or "PIA," which is what you get if you claim benefits to start at your Social Security full retirement age). If, after your military service, you had 35 or more years of earnings which were higher than your earnings while serving in the military, Social Security would have used your later higher earning years to calculate your benefit, and your military earnings would not have had an effect on your Social Security benefit. However, if any of your military earnings (including the "special extra credits") were among the highest over your lifetime, then those higher military earnings would be included when calculating your Social Security benefit.

So, whether you would benefit from these "special extra credits for military service" depends largely on your earnings history after you were discharged from active duty. If your military earnings were among the highest earning years over your lifetime, and you provided SSA with a copy of your DD-214 when you applied for Social Security, then your current SS benefit already includes consideration of your military service (FYI, Social Security should have asked about your military service when you applied). If you didn't tell SS about your military service when you applied for Social Security, or if you aren't sure, you should contact the SSA at 1.800.772.1213 and ask if you were given those "special extra credits for military service" for your 1960s military service years when you applied for Social Security. But if you had at least 35 years of higher earnings after you left military service, your current SS benefit is already based on those later higher earning years, and you will not get any additional /Social Security benefit because of the "special extra credits" for your military service years.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-dvisory) or email us at ssadvisor@amacfoundation.org.* ★




# Abdul El-Sayed is no JFK

Abdul El-Sayed, the Democratic Senate candidate in Michigan, thinks he's another JFK, not in terms of charm or wit, but as a fellow victim of religious bigotry.

When he ran for president in 1960, Jack Kennedy indeed encountered anti-Catholic prejudice, including the preposterous claim that he'd take orders as president from the Vatican. This was irrational conspiracy theorizing, whereas the questions that El-Sayed is facing about his family's ties to extremist groups are well-founded.

It wasn't a right-wing smear artist who first said that El-Sayed's mother was with the Muslim Brotherhood, but his own half-sister. She tweeted in 2012, "Had an amazing talk with my mom about her activism in the Muslim Brotherhood during the early 70s while she was in college #respect." She suggested that other family members in Egypt were involved in the Muslim Brotherhood. His mom -- just her luck -- also worked for the Islamic American Relief Agency, which the U.S. government designated a supporter of terrorist groups.

Now, El-Sayed could say that none of this has anything to do with him, since his biological mother didn't raise him, and that his mother made a mistake in working for the Brotherhood. Or he could produce evidence of the falsity of what his half-sister said, which, if it's wrong, shouldn't be difficult given that both his mother and half-sister are around (his half-sister is a radically anti-Zionist University of Chicago professor who is very excited about El-Sayed's candidacy).

Instead, he's argued that questions about this constitute rank Islamophobia. He makes it sound as though the Muslim Brotherhood is a fraternal association, a Knights of Columbus for Muslims, such that any concerns about associations with it are inherently hateful. His reaction is a little like someone being asked about his family's alleged KKK associations, and responding, "How dare you question my white Protestant heritage."

In a viral exchange, a questioner at a town hall asked the candidate if he disavows the Muslim Brotherhood. El-Sayed responded with a curt, "Yeah, sure," before challenging his interlocutor about why he was asking and going on a long riff about freedom of religion in America. Of course, no one is challenging his right to worship as he pleases, or to run for public office as a faithful Muslim. The questions have to do with the associations and his own views.

His father-in-law, a major donor to his campaign, served on the founding committee of the Islamic Society of North America, a group designated as an unindicted co-conspirator in the 2007 Holy Land Foundation case. He also -- just his luck -- served as president of the Council on American-Islamic Relations Michigan chapter, another group named an unindicted co-conspirator in that case.

As for El-Sayed himself, the New York Times reports that when he was a student at the University of Michigan, he was president of the Muslim Students Association, an organization founded by the Muslim Brotherhood in the 1960s. In 2012, he joined an open letter backing Muslim Brotherhood leader Mohamed Morsi, who had just become president of Egypt: "We, leaders of the Egyptian community, support the revolutionary decisions taken by the president, and we call on him to purge the media and the police as quickly as possible."

Here one must pause to express a little sympathy for El-Sayed: Who among us hasn't, at least once, urged an Islamist authoritarian to crack down on his political opponents? During this Senate campaign, El-Sayed excused an Islamist attack on a Michigan synagogue (before apologizing). He invited streamer Hasan Piker, who has repeatedly expressed sympathy with terror groups, to campaign with him. And he has refused to say that Iran is more dangerous than Israel.

He doesn't deserve the benefit of any doubt and has responded to questions about all of this with evasions and high dudgeon. No matter how often El-Sayed invokes JFK, Kennedy didn't defend his Catholic faith as a way of distracting from his own extremism and that of people around him.

*Rich Lowry is editor of the National Review.*

*(c) 2026 by King Features Synd., Inc.* ★

# COMMUNITY CONNECTION

*Informing, Empowering & Engaging Readers With Their Community*



## Policy Not Partisan 2: Finding Common Ground Without Losing Our Principle

***By Patsy McGavock***

In interview, Assemblymember Josh Hoover told me about a recent press conference with colleagues from across the aisle celebrating a bill they'd co-authored. "It was just really cool to see, and to feel the accomplishment of doing something with buy-in from all sides."

He brought his teenagers along to see the collaboration firsthand.

"My son was asking me questions, like, 'So you do work with Democrats sometimes?'"

Yes, they do work together. Perhaps more often than we realize.

Last time, I shared the moment my understanding of politics changed. I began seeing politics as policy about people, and how we may be limiting ourselves by associating politics primarily with partisan division.

Today, I'm clarifying something else about collaboration: Consensus isn't unanimous agreement. It's finding a direction people can support, even when differences remain.

That's a harder part of healing our division. An essential part. An essential part.

Hoover described the bipartisan California Problem Solvers Caucus. Members join to seek solutions across party lines, but political expectations can make that difficult in general assembly.

Democratic Assemblymember David Alvarez acknowledged that when colleagues and supporters expect a clear party line, working across the aisle can be perceived as giving something up.

How many possible solutions go unexplored when someone doesn't feel free to explore beyond their party's preferred approach.

While discomfort is expected when we challenge our thinking, meaningful collaboration requires room to disagree without pressure to surrender our principles.

Democratic Assemblymember Anamarie Ávila Farías, offered a refreshing perspective. She hasn't experienced that pressure within the caucus.

"I don't lean in starting with a label. I dissect the problem and engineer outward," she explained.

She described Democrats as "fifty shades of blue," with similar differences among Republicans. Why limit ourselves to one shade when a problem may require ideas from many?

The caucus, she said, provides a "sandbox" where members can explore different solutions without being judged by their particular shade – or color.

Consider immigration.

Last year, members of the caucus developed shared principles on this deeply divided issue. They identified areas of agreement on immigration's economic importance, border security, due process and possible paths toward legal status.

They didn't settle every disagreement. They identified common concerns and a starting point for policy discussions.

Ávila Farías described the significance of agreeing on the problem to solve before debating solutions. If we can't even agree on what problem we're trying to solve, how can we work together to solve it?

Alvarez likewise distinguishes between negotiating the methods of reaching a goal, but not abandoning the purpose behind it.

Compromise needn't mean surrendering principle. Consensus shouldn't mean pressured – or uncomfortably silent – agreement. It takes all voices.

The process can be the beginning of a better solution.

I've been thinking about this as I learn to chair meetings myself. Consensus isn't simply getting everyone to say yes, nor is it settling for a watered-down middle ground.

We want a path people can genuinely support.

How? Identifying the problem and shared outcome. Invite differing perspectives, including quieter voices. Separate principles from preferences. Test alternatives together. Ask whether people can support the direction, even with reservations. And make room for an honest no.

Being heard doesn't mean every preference will prevail. It means having a genuine opportunity to influence the outcome while retaining our integrity. Hopefully shaping something better than any one voice might have developed alone.

It takes bravery to enter an unfamiliar space. Bravery we often find when something is more important than our present discomfort.

Avila Farias emphasized all representatives need to hear from us, including officials outside our own party – she is only one of 80. Encourage them. Let them know we value thoughtful collaboration – solution-based policy - not just agreement with us.

My neighbor Dotty Hayes, 85, recently shared some wisdom from a less divided decade: If we open our hearts and our minds and not take everything so personally - we will grow tremendously. "And besides, it's so fun to learn from each other."

Perhaps healing division is less about eliminating disagreement than learning what we can build together despite it.

Be the collaboration in the room.

Next time, we'll explore how we can carry those relationships into effective advocacy for problem solving for our own communities.

*Reach Patsy McGavock at PatsyMcGavock.JustServe@gmail.com..* ★



★ CALIFORNIA ★
# POLICY AND ETHICS

BY JOSH F.W. COOK

## College Sports Are a Big Money Mess

***By Josh Cook***

Alex Fulton has helped high school athletes become college athletes and get rich at the same time—something that was prohibited just 10 years ago. Now Alex finds himself leading a band of colleges from the sports fields and pitches to the field of hardball politics. He heads a political action committee pushing for answers and rules for big and small schools with sports programs.

College sports are in a strange policy spot right now. Schools are still figuring out how to pay athletes—while also compensating them in other ways. The rules keep shifting, and no one knows what they will look like in two or three years.

Louisiana State's effort to bring back NFL-drafted players for additional eligibility brought the issue into the national spotlight earlier this year. For decades, college athletes could not earn money from their own fame.

NIL stands for name, image, and likeness. It means a player can make money from ads, autographs, or social media. In 2019, California passed a law letting athletes do this, and other states quickly followed. Then, in 2021, the Supreme Court ruled against the NCAA in NCAA v. Alston. That summer, the NCAA gave in and allowed NIL deals. Almost overnight, players began signing deals with local businesses and big brands. The lawsuits have been nonstop.

The House v. NCAA settlement was supposed to bring order to the player talent market. It hasn't answered everything.

One case worth watching is Patterson v. NCAA, which challenges limits on how long athletes can play. If a player is denied an extra year, they may be able to ask for the money they would have earned if they were given that year. No court has said schools must pay. It's also unclear who would pay. Still, schools with tight budgets should pay attention, with a few $2-million-a-year contracts that could add up to real money.

Congress has a bill called the Protect College Sports Act. It could change how athletes get paid, who can play, and what schools owe their players. But the bill isn't moving. Meanwhile, many major questions remain unresolved.

That uncertainty comes at a cost. Coaches, players, and schools spend more time on lawyers, contracts, and monitoring other programs than on games and educational matters. Program and player investments aren't on solid financial footing, and to keep up, many colleges are already overextending themselves.

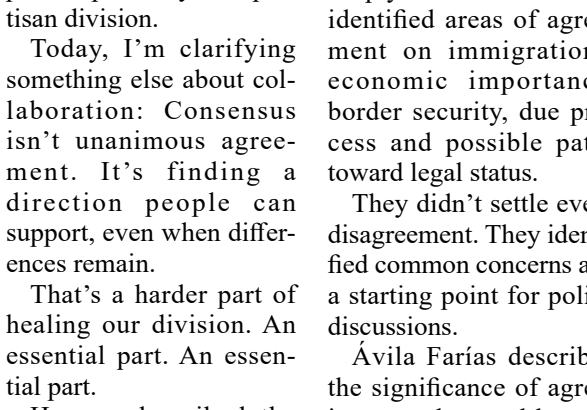
College sports were meant to pair competition with education. Right now, that spirit is getting lost.

Schools need to organize and engage with Congress before one faction, like big or small schools, athletic conferences, independent schools, TV channels, or labor unions, decides college sports' future for them.

Big money is here to stay in college sports. Betting on sports is a double-digit growth industry, and when colleges get money clawed back after policies change, either in court or by Congress, there will be big winners and big losers.

**Go to Policy-Ethics.com**


**WE SUPPORT FIRST RESPONDERS**



**WE SUPPORT FIRST RESPONDERS**

MPG
*Messenger Publishing Group*

**GRACE BAPTIST CHURCH**

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES
Sunday Schools *(All Ages)*.... 9:45 am
Sunday Worship..... 11:00 am
Sunday Evening..... 6:00 pm
Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER
CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET





***Publisher,***
**Paul V. Scholl**

*American River Messenger* is a member of **Messenger Publishing Group**

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

American River Messenger

***Serving Fair Oaks, Orangevale and Sacramento County since 2006***

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

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

Subscriptions should be mailed to:
*American River Messenger*
2508 Garfield Ave., Suite A, Carmichael, CA 95608.

Subscription rate is $39 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-montly.

Call 916-773-1111 for more information.

***We are proud members of these newspaper associations.***

MPG
CIRCULATION VERIFICATION COUNCIL



**LOCAL ARREST RECORDS**

CRIME SCENE DO NOT CROSS

**Find out what's happening in your local area at...**

**AMERICANRIVERMESSENGER.COM**

**ARREST LOGS UPDATED DAILY**

# CALL A PROFESSIONAL


**SLS** Superior Landscape Services
Landscaping and Maintenance
• Sprinkler Repair/Install • Pruning
• Mowing/Trimming • Fertilizing
Insured Lic#794551
Please Call (916) 761-0999
Dave Cochran Owner
dave_SLS@surewest.net

Jose's Landscape Maintenance
✔ General Lawn Service
✔ One Time Clean Ups
✔ Lawn Aerate
✔ Dethatch
✔ Sprinkler Repair
Call Jose at 916-991-6923
Gen. Bus Lic # 32014-01649 \ Spe Bus Lic # 12016-00134

GREENWAY TREE SERVICE
Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding
Free Estimates
Competative Prices
Licensed and Insured
(916) 224-9750

SMOOT LANDSCAPING
• Drought tolerant landscape
• Low voltage lighting
• Garden renovations
• Concrete and stone
• Consultations available
Celebrating 45 years
916.454.1300
www.SmootLandscaping.com • Contractor License #633224

TRACTOR SERVICE
• Mowing • Rototilling
• Discing • Scraper/Loader
Call
(916) 991-8431

FULL RANGE OF FLAT ROOFING SERVICES
RPA FLAT ROOF
• New Construction • Leak Repairs
• Waterproofing • Top-Grade Materials
• Experienced • Reliable • Honest Pricing
• Excellent Customer Service
We take pride in completing every project on time and to the highest standards.
Lic. # 1153892
Call Today! (916) 267-5026

RestoreYourHome.com
Quality, Service and Craftsmanship
John W Rouse III
Kitchen • Bath • Home
kitchens, baths, home renovations, interior home remodeling, windows, doors, floors, cabinets, tile, countertops, electrical, plumbing, finish carpentry
916.342.6596 • johnflooring@aol.com

Rewired To Read
Reading & Spelling Specialist
rewiredtoread.com
916-664-6805
LeAna Splettstoesser AA, AS, M.A.
26 Years Experience

MURIETA CARPET & Stone Care
Deep Steam Carpet Cleaning
Tile & Grout Restoration
Natural Stone Cleaning & Sealing
Carpet • Tile • Grout • Natural Stone
RONNIE CRAVEA
916-502-1531
Proud Rancho Murieta Resident
Licensed & Insured
Lic # GNB32024-01516
Call for a FREE Estimate Today!

MORE TIME ON YOUR BUSINESS
...and less time managing payroll
FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!
PINNACLE EMPLOYEE SERVICES
916-760-7227
www.pinnacleh ro.com

PROFESSIONAL PET WASTE REMOVAL SERVICE
Total clean
SCOOP TEAM
HONEST SERVICE. FAIR PRICING. SPOTLESS RESULTS.
916-250-2506
WWW.TOTALCLEANSCOOPTEAM.COM

Magnolia Landscape & Concrete, Inc.
Commercial • Residential
General Cleanups • Concrete • Pavers
Stone • Fence • Retaining Walls
Irrigation • Planting • Sod • Tree Removal
Call Now for Free Estimate!
(916) 200-9518
Contractor Lic #962540
Email: magnolialandscapeco@gmail.com
Website: www.magnolialandscapeandconcreteinc.com


# Local Classifieds

Advertise in your local community newspaper
Call 916-773-1111

## Hall Rentals

Event hall for rent. 2,800 sq. ft. Coffee bar. Plenty of parking. Saturday and Sunday. $500. 5809 Gibbons Dr. (916) 470-7323. (TFN)

## Help Wanted

KP International Market
Many Positions are Available.
Please no phone calls.
Apply in person.
**10971 Olson Dr., Rancho Cordova, CA 95670**

**Are You a Pro?**
Get the word out!

Advertise in the Classifieds
Call 916-773-1111
Keep It Local!

## Health/Wellness

XOSIALX – Get Social. Be EXCEPTIONAL XILERATE is redefining energy for everyone. It provides an authentic, jitter-free boost that appeals to both regular energy drink users, and those who may have avoided them due to artificial ingredients or harsh effects. FREE TO JOIN. www.canderson.xosialx.com (TFN)

## Handyman Service

**JT Handyman & Painting**
Handyman/Painting/ Powerwashing/Etc.
916-547-3163
(11/13/26)

## Housekeeping

Nancy and Mary's housekeeping over 24 years experience were very dependable and trustworthy please contact us for all your housekeeping needs thank you. 916-380-0118. (11/6/2026)

MPG8.COM

## Landscaping

YARD SERVICE
ONE-TIME CLEANUP
Mow, Weed, Prune & Haul
NEED: Landscaping bark?
Gutters cleaned?
Light fence work?
CALL 916/205-9310 or 916/627-9000

Need Help?

Hire A Pro!

Buy and Shop Local!

## Landscaping

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

## Music Lessons

**Guitar Lessons**
Beginner to Advanced . $20/ half-hour; $30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/31/2026)

## Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
***FREE ESTIMATES***
SENIOR DISCOUNTS
Lic.#817945 43 Years Experience
916.920.0100
www.bernardinoroofing.com

## Room Wanted

Elderly man looking for furnished room to rent. $600 - $800. Call Scott (916) 910-4796. (TFN)

Shop Small. Hire Local.
Support the local businesses that support your community.

## Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
VISA / MASTER CARD
California Contractors Lic #1036031

Buy and Shop Local!

We Support Our Military

GOT LOCAL NEWS?
Call
(916) 773 1111

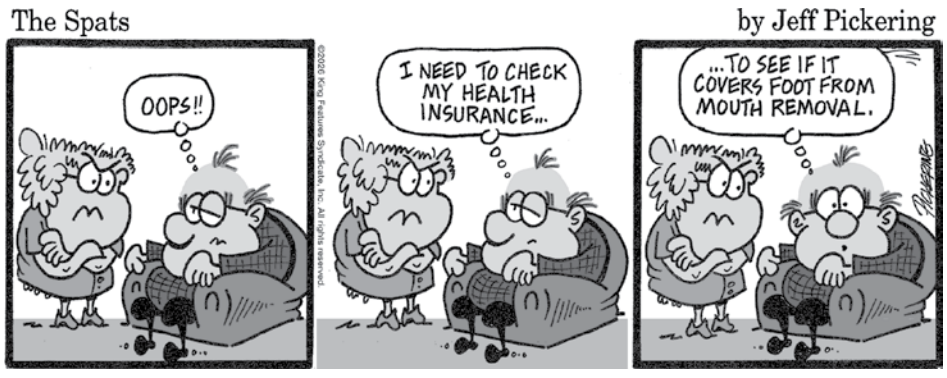

We are your neighbors
nextdoor
American River Messenger
*Stop by for a visit*
nextdoor.com/page/american-river-messenger

FOLLOW US
for Local News and much more!
American River Messenger
Facebook: @ARMMPG8

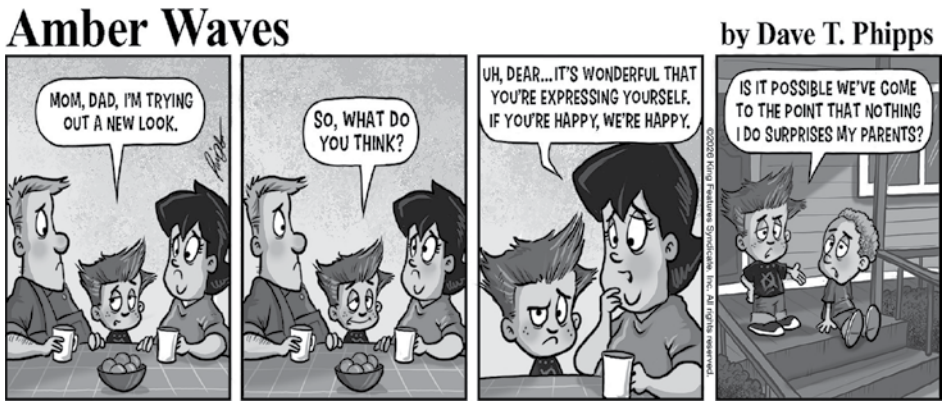
LOCAL ARREST RECORDS
CRIME SCENE DO NOT CROSS
Find out what's happening in your local area at...
AMERICANRIVERMESSENGER.COM
ARREST LOGS UPDATED DAILY

# COMICS & PUZZLES

The Spats by Jeff Pickering



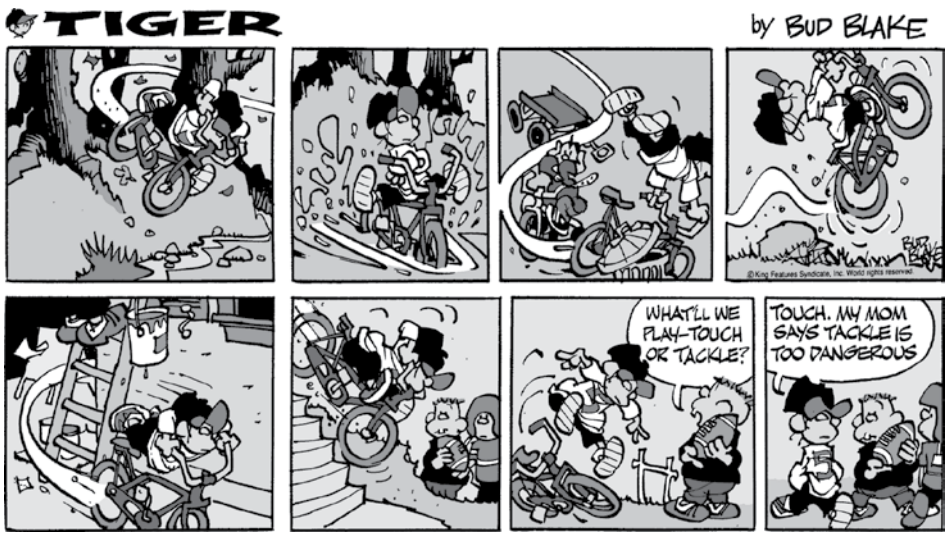

Amber Waves by Dave T. Phipps

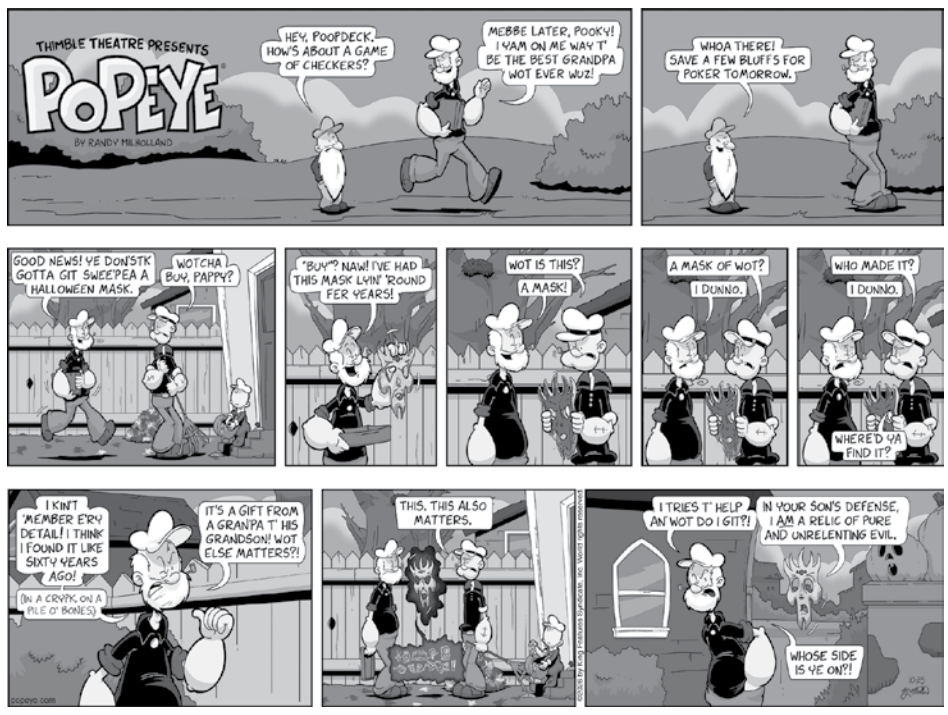



Out on a Limb by Gary Kopervas




TIGER by BUD BLAKE




HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.




Differences: 1. Door is narrower. 2. Window is smaller. 3. Left arm is not showing. 4. Pencil cup is moved. 5. Chair leg is moved. 6. Plant leaf is moved.




"Santa wants his letters in Morse code!"

Just Like Cats & Dogs by Dave T. Phipps




| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | O | A | P | S | | C | W | T | | | F | E | A | T |
| A | T | B | A | Y | | O | E | R | | J | E | L | L | O |
| S | T | E | R | N | | P | T | A | | U | R | B | A | N |
| H | O | L | I | D | A | Y | | D | O | N | N | E | R | |
| | | | S | I | B | | H | E | C | K | | | | |
| Q | T | Y | | C | A | N | E | | A | E | R | O | B | E |
| U | R | A | L | | C | O | X | A | | T | O | R | U | S |
| A | I | M | S | | K | R | A | F | T | | O | L | D | S |
| I | B | E | A | M | | A | G | R | A | | M | O | D | E |
| D | E | N | T | A | L | | O | O | P | S | | P | Y | X |
| | | | | R | O | A | N | | I | C | E | | | |
| | G | E | O | R | G | E | | C | R | U | M | P | I | T |
| T | U | R | B | O | | R | A | M | | L | A | U | R | A |
| A | R | R | O | W | | I | D | O | | L | I | M | E | N |
| M | U | S | E | | | E | O | N | | S | L | A | S | H |

**Classified Advertising**

*Sell Your Stuff! Reach 1000's of Readers Every Week!*

MPG

916.773.1111

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 8 | 6 | 7 | 2 | 1 | 5 | 9 |
| 5 | 7 | 6 | 1 | 4 | 9 | 2 | 3 | 8 |
| 9 | 1 | 2 | 8 | 5 | 3 | 7 | 4 | 6 |
| 7 | 4 | 9 | 5 | 2 | 1 | 8 | 6 | 3 |
| 1 | 2 | 3 | 4 | 6 | 8 | 5 | 9 | 7 |
| 6 | 8 | 5 | 3 | 9 | 7 | 4 | 2 | 1 |
| 8 | 5 | 4 | 7 | 3 | 6 | 9 | 1 | 2 |
| 2 | 6 | 7 | 9 | 1 | 5 | 3 | 8 | 4 |
| 3 | 9 | 1 | 2 | 8 | 4 | 6 | 7 | 5 |




## STATEPOINT CROSSWORD • HOLIDAY MOVIES

### CLUES

ACROSS
1. "As the World Turns" and such
6. Hundredweight, acr.
9. Notable achievement
13. Keep a threat ____ ____, or away
14. Across, in verse
15. Jiggly dessert
16. Opposite of bow
17. Sch. grp.
18. Kidman's ex
19. *HomeExchange story, with The
21. *Rudolph's father
23. *Kevin to Buzz in "Home Alone"
24. "Dickens!"
25. Quantity, acr.
28. *"Candy ____ Lane" starring Eddie Murphy
30. Opposite of an-aerobe
35. Russian mountain range
37. Coxae, sing.
39. Tori, sing.
40. Goals
41. Famous Mac & Cheese manufacturer
43. One of auto pioneers
44. Letter-shaped girder
46. Home to Taj Mahal
47. A la _____, with ice cream
48. Relating to teeth
50. "My bad"
52. Eucharist vessel
53. Multicolored horse
55. NHL court
57. *Bailey of Bedford Falls
60. *Mount ____, Grinch's home
64. Supercharger
65. Ewe's mate
67. Alice Halsey on "Little House on the Prairie"
68. Ammo in a quiver, sing.
69. Knot-tying vow (2 words)
70. Sensory threshold, in psychology
71. Artist's inspiration
72. Bajillion years
73. Guns N' Roses lead guitarist

DOWN
1. "Away to the window I flew like a flash, ... and threw up the ____"
2. "Beetle Bailey" pooch
3. Cain's brother
4. *The McCallisters' travel destination
5. Trustee
6. Printer button
7. *Harry and Marv, a.k.a. the ____ Bandits
8. Pro move
9. Shade-loving plant
10. Hamburg river
11. Winglike
12. Freight weight
15. Official work trip
20. Taken where?
22. South American tuber
24. Six-sided polygon
25. *Cousin Eddie actor
26. Human social group
27. Mandarin's headquarters
29. *Luther Krank's wife
31. Living space
32. Lowest deck
33. *Will Ferrell's famous holiday role
34. English county
36. Future J.D.'s hurdle
38. Like Bob Ross' do
42. Short-trunked ungulate
45. Bone filler
49. Yule treat
51. Type of racing boat, pl.
54. Nest for an eagle
56. Not your grandmother's mail?
57. Spiritual leader
58. Makes a mistake
59. Double reed woodwind
60. Slangy "Follow me!"
61. Cat on a shoe
62. Wraths
63. Hyperbolic tangent
64. _____ o' shanter
66. Fuss, to Shakespeare

CROSSWORD






© StatePoint Media

SUDOKU




| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | | 6 | | | | | 9 |
| | | | 1 | 4 | | 2 | | |
| | 1 | 2 | | 5 | | | | |
| | | | | | 1 | | 6 | 3 |
| | 2 | | 4 | | 8 | | 9 | |
| 6 | 8 | | 3 | | | | | |
| | | | | 3 | | 9 | 1 | |
| | | 7 | | 1 | 5 | | | |
| 3 | | | | | 4 | | | 5 |

© StatePoint Media

*Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.*

# Season of Fun and Giving



*By Judy Andrews, Fair Oaks Chamber of Commerce*

**FAIR OAKS, CA (MPG) -** The holiday season is almost here, with plenty to do and ways to give back to the community. Here are some ideas the whole family will enjoy:

Join the Fair Oaks Connections Group and House to Home Moving for a dinner fundraiser on Saturday, Nov. 7, from 5 to 7:30 p.m. at Pancho Villa BBQ and Catering, 6716 Madison Ave. Bring an unwrapped toy to **Fill the Moving Truck**, parked outside. Then enjoy a fun dinner buffet, drinks, a silent auction, and more. Tickets are $25 each and can be purchased in advance or at the door. You don't need a ticket to donate a toy. Proceeds benefit Logan's Little Warriors and Keaton's Child Cancer Alliance. For more information, visit the Events page at panchovillabbq-fairoaks.com.

The Orangevale-Fair Oaks Community Foundation invites you to its **6th annual Friendsgiving Dinner** on Thursday, Nov. 19, from 5:30 to 8:30 p.m. at the Orangevale Grange, 5807 Walnut Ave. This festive celebration supports the Teen Council of Orangevale and Fair Oaks. Tickets are $37 per person. For more information, visit: ovfocf.org/events.

Help the Orangevale-Fair Oaks Food Bank feed 500 families for Thanksgiving. **Donate a frozen turkey** through Nov. 20 during the food bank's donation hours at 6483 Main Ave., Orangevale. The food bank accepts only frozen turkeys, preferably 12 pounds or less, and they must be dropped off to a food bank volunteer. For more information and to view donation hours, visit: ovfocf.org/events.

The annual **Fair Oaks Tree Lighting** celebration takes place on Thursday, Dec. 3, from 5 to 8 p.m. at Village Park. Bring your family, friends, and neighbors to enjoy the community's favorite holiday tradition, featuring Santa, the Grinch & Elsa, performances, children's activities, local vendors, and more.

Be part of the magic by signing up to decorate a beautiful holiday tree for display, Dec. 3-13, at Village Park's annual **Festival of Trees**. This free activity is open to groups, businesses, families, and individuals. Reserve your tree today at forpd.org > Festival of Trees 2026. Registration closes Nov. 24.

Everyone is welcome to join the Fair Oaks Chamber for its **6th Annual Jingle Bowl** on Friday, Dec. 4, from 2:30 to 5:30 p.m. The event will be held at Steve Cook's Fireside Lanes, 7901 Auburn Blvd., Citrus Heights. Sign up individually or as a team of four or six. Pre-registration is required to reserve space at fairoakschamber.com/Christmasinfairoaks.

**Best of Fair Oaks is Back**

The Fair Oaks Chamber is accepting nominations for **Best of Fair Oaks 2026** through Nov. 10. Your nominations and votes celebrate the people and places that make our community shine. Voting opens on Nov. 12. For more information and to nominate your favorite businesses and organizations, visit bestoffairoaks.com.

*See you in Fair Oaks!* ★

# Ask DR. UNIVERSE

## Why don't we drink dog milk?

***– Suzy, 7, Wisconsin***

Dear Suzy,

I love a saucer of milk. But that's usually cow milk or maybe goat milk.

I asked my friend Kim Davenport why nobody drinks dog milk. She studies dairy cows at Washington State University.

She told me dogs don't make extra milk.

"We've selected cows to make more milk," Davenport said. "Whereas dogs make enough milk for their puppies, and that's about it."

The amount of milk a dog makes varies a lot. It depends on the dog's size, breed, age, how many puppies they have and how old those puppies are. Even a large dog nursing a big litter might produce about three quarts of milk a day.

Dogs usually only nurse their puppies for a few weeks. Their milk has more protein and fat than cow milk, which may help the puppies grow quickly.

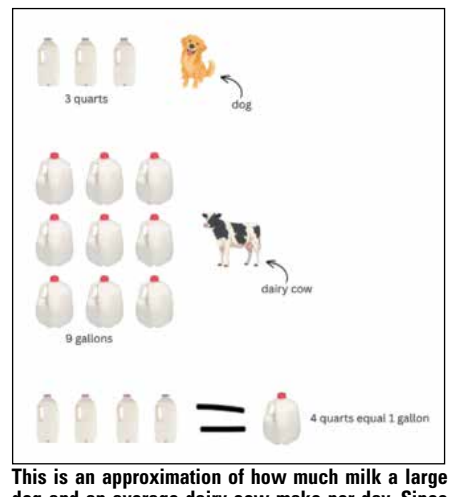
Today's dairy cows produce gobs of milk. They usually make 6 to 9 gallons of milk every day—and sometimes much more. And they can nurse their calves for months.

It wasn't that way for the extinct ancestors of today's dairy cows. They were called aurochs.

Aurochs likely made just enough milk to feed their calves. We don't know exactly how much that was. But wild cows today produce about 2 gallons of milk a day—much less than modern dairy cows.

Scientists think that ancient humans were taming aurochs about 10,000 years ago. They were massive, ferocious wild animals. But over thousands of years, domesticated aurochs became the cows we know today.

We think ancient humans had lots of reasons to domesticate those fierce aurochs. They probably used all parts of an aurochs for food and crafting. They used aurochs meat, hides, bones and horns. Plus, aurochs were super strong. A big domesticated animal could carry or pull stuff for humans.




**This is an approximation of how much milk a large dog and an average dairy cow make per day. Since 4 quarts equal 1 gallon, this dairy cow would make about 36 quarts of milk.**

Much later, humans developed specialized breeds by selecting cows with different traits. That's how we got dairy cows.

Ancient humans also domesticated wolves. Over time, dogs became hunting partners and camp guards. That happened way before they domesticated aurochs. Eventually, we'd have dog breeds that do specialized tasks—like pest control, herding and looking cute in a bow tie.

But dogs probably didn't make enough milk to justify making a dairy breed of dogs.

I guess their biology got in the whey.

Sincerely,

Dr. Universe




WE SUPPORT FIRST RESPONDERS

MPG
Messenger Publishing Group

AWARD WINNING



YOU WANT TO PRINT HERE

western web

PRECISION PRINTING ▪ UV CARE INK SPECIALISTS ▪ SUPERIOR QUALITY

Newspaper ▪ Magazines ▪ Catalog Guides
Annual Reports ▪ Schedules ▪ Custom Publications

WOW! AWARD-WINNING COMMERCIAL WEB PRINTING WITH THE TECHNOLOGY AND EXPERIENCE TO MAKE YOUR PUBLICATION STAND OUT.

Stochastic Printing ▪ UV Cure Ink ▪ Bindery ▪ Mailing Fulfillment

KEVIN BELL | 707-444-6236 | KBELL@WESTERN-WEB.NET

SERVING NORTHERN CALIFORNIA ▪ SHIPPING NATIONWIDE

GET IT NOW!
E-Edition

Emailed every week to your inbox.
Only $1.00 per issue


SSWD Opens Vacant Buildings for Rare Firefighter Training Before Demolition
Court Injunction Pauses New Gaming Regulations
American River Messenger
VOLUME 21 • ISSUE 14 Serving Fair Oaks, Orangevale & Sacramento County JULY 24, 2026
SEE INSIDE
Tomorrow's Tycoons
Young Entrepreneurs Shine at the Kid's Big Business Expo
SMF Seeks Public Input to Shape Next 20 Years of Growth
HOW BUILDER INCENTIVES HELP BUYERS GET INTO NEW HOMES
THE CALIFORNIA CONSERVATION CORPS AT 50
Rich Desmond 'Lucky to be Alive'
WE SUPPORT OUR MILITARY
WWW.AMERICANRIVERMESSENGER.COM

- Go to **MPG8.com**
- Click on '**Subscribe**' from the top menu
- Find the **Publications** you want delivered
- Click on '**E-Edition**'
- Make your payment and start receiving your **E-Edition** the very next Friday!

Your subscription supports local journalism.
All payments are processed through PayPal

2508 Garfield Ave., Suite A | Carmichael, CA 95608
(916) 773-1111 | MPG8.com

MPG
Messenger Publishing Group

# Men's Golf Finishes Fall with Its Best Round at Ka'anapali Classic

## *Segerstrom, Matzke, Vaughan all shoot 71*

***Sacramento State Athletics News Release***



**The tournament was the final event of the fall for Sacramento State.** Photo courtesy of Sacramento State Athletics

**LAHAINA, HI (MPG)** - Three members of the Sacramento State men's golf shot even par and the Hornets enjoyed their best round of the Ka'anapali Classic on Tuesday, Oct. 27 in Hawaii. Due to inclement weather, the first nine holes of the third round were played on Monday, Oct. 26 and the teams wrapped up the tournament on Tuesday, Oct. 27.

Sacramento State was 10-over at the midway point of the round but took eight strokes off that mark this morning, to finish the round at 2-over. The Hornets concluded the tournament in 19th place with rounds of 308-293-286-887.

PJ Segerstrom, Zach Matzke and Griffin Vaughan were all even in the third round. Segerstrom had the highest overall finish on the team, tying for 47th at 74-72-71-217. He was even through nine holes with a birdie and a bogey but moved to 3-over after starting the day with a double bogey on the par-4 fifth. He immediately answered with an eagle on the par-5 sixth and birdied the par-4 seventh to get to 1-under. A double bogey on the par-3 eighth was followed by him playing his final six holes at 1-under with a birdie on the par-4 10th.

Matzke started the morning 2-over but also eagled No. 6 and birdied No. 7 to dip into red numbers. A double bogey on the par-4 11th moved him to 1-over before a birdie on No. 12 and a par on No. 13 closed his tournament.

Vaughan was 4-over through 12 holes before catching fire. The freshman birdied four of his final six holes to get back to even. His streak began with a birdie on the par-3 eighth and the par-5 ninth. After two pars, he birdied the par-4 12th and 13th. Matzke and Vaughan tied for 77th overall at 10-over.

Luke Price completed the team total with a 73. Price entered Tuesday 5-over in the round. He immediately lowered that number with birdies on Nos. 6 and 9. His only bogey of the day came on the par-4 11th but was trailed by birdies on Nos. 12 and 13.

No. 12 Georgia withstood a change from Clemson to win the team title by one strike. The Bulldogs were 23-under over the three rounds while the Tigers were 18-under during the day to get 22-under.

The tournament was the final event of the fall for Sacramento State. The team will start its spring season at the Wyoming Desert Intercollegiate in Palm Desert, Calif., on Feb. 22-24. ★

# An Aggie Connection: OOFOS Invests in UC Davis Student-Athletes

***UC Davis Athletics News Release***



**OOFOS is the Official Recovery Footwear of UC Davis Athletics.** Photo courtesy of UC Davis Athletics.

**DAVIS, CA (MPG)** - UC Davis Athletics welcomed current student-athletes and former Aggies back to campus Tuesday, Oct. 6, for Aggie Elevate, an evening dedicated to connection, professional development and the lasting impact of the student-athlete experience.

Hosted at the University Credit Union Center in partnership with Aggie Leverage and the Aggie Varsity Club, the event brought together student-athletes and letterwinners to network, share experiences and explore opportunities beyond competition.

UC Davis Director of Athletics Rocko DeLuca opened the evening with remarks emphasizing the importance of the Aggie community and building relationships that extend beyond a student-athlete's time on campus.

The evening's keynote speaker, Angel Martinez '77, a former UC Davis All-American in Track and Field and Cross Country, shared his professional journey and the experiences that helped shape his career as a leader in the footwear industry. Throughout his career, Martinez has held founding and leadership roles with major footwear brands such as Reebok, Keen, Ariat, UGG, Teva and Hoka, combining his passion for sports with an interest in innovation, research and competition.

Martinez currently serves as Co-Chief Executive Officer of OOFOS, a footwear company focused on recovery and reducing the physical stress placed on the body. Drawing on his experiences as a student-athlete and business leader, he encouraged current Aggies to embrace the relationships, opportunities and lessons that will shape their lives beyond competition.

"Being a student-athlete at UC Davis taught me lessons that stayed with me throughout my career," said Martinez. "The discipline, relationships and experiences you gain here prepare you for so much more than competition. It's important to recognize the opportunities you have right now, invest in the people around you and understand that taking care of yourself, both physically and mentally, is just as important as pushing yourself to succeed."

Martinez also discussed the importance of recovery and taking care of the body beyond competition, connecting his professional work with the demands student-athletes face throughout their athletic careers and beyond.

For current student-athletes, the opportunity to hear directly from a former Aggie who successfully translated his athletic experiences into a professional career offered a valuable perspective on life after college.

"Hearing from someone like Angel, who was once in our position as a UC Davis student-athlete, really puts into perspective how much we're gaining from this experience beyond our sport," said Ella Palmer, president of the UC Davis Student-Athlete Advisory Committee (SAAC). "It's encouraging to see how the relationships we build, the challenges we overcome and the lessons we learn here can continue to shape our lives long after we graduate."

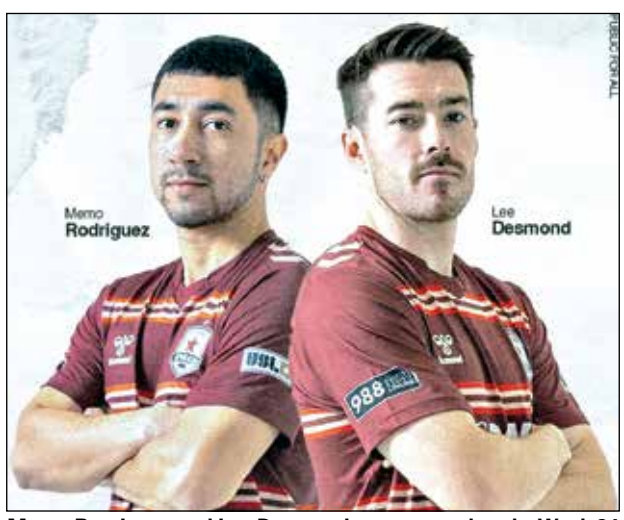
Martinez concluded the evening with a surprise announcement that all UC Davis student-athletes would receive a complimentary pair of OOFOS recovery footwear, drawing an enthusiastic response from those in attendance.

OOFOS serves as the Official Recovery Footwear of UC Davis Athletics, reflecting a shared commitment to student-athlete performance, recovery and well-being.

"We're proud to have OOFOS as the Official Recovery Footwear of UC Davis Athletics," said UC Davis Director of Athletics Rocko DeLuca. "This partnership is another example of our commitment to providing student-athletes with the resources they need to be successful both on and off the field. Having an Aggie like Angel Martinez involved makes it even more special, and we look forward to continuing to build our relationship with him and the OOFOS team." ★

# Memo Rodriguez and Lee Desmond Named to Team of the Week

***Sacramento Republic FC News Release***




**Memo Rogriguez and Lee Desmond were named to the Week 34 Team of the Week.** Photo courtesy of Sacramento Republic FC

**SACRAMENTO, CA (MPG)** - On Oct. 27, the USL Championship announced the Week 34 Team of the Week. For their contributions in the Oct. 24 win over Oakland Roots, Republic FC's Memo Rodriguez and Lee Desmond have earned a spot on the league's top weekly squad.

Memo helped Republic FC get on the board early, posting his first assist of the night on Alfredo Midence's second-minute goal. After Oakland took a 2-1 lead before halftime, Memo later connected with Desmond for Sacramento's equalizer in the 81st minute. The midfielder delivered a curling ball from a set piece near the sideline, and Desmond rose above the defense to flick the ball past the goalkeeper. The Indomitable Club went on to win the game, with Kyle Edwards delivering the decisive goal in the 90th minute.

In addition to his two assists, Memo finished the night with four chances created, five duels won and five possessions won. Rodriguez has had a stellar first season with Republic FC, closing out the regular season with seven goals and a team-best nine assists, including nine goal contributions in the club's final six matches. He leads the team with six Team of the Week selections.

Desmond put in a strong two-way performance against Oakland. In addition to the late goal – his second of the season – he posted eight clearances, six of six duels won, and an 87 percent passing accuracy. A member of the Republic FC squad since 2022, the Team Captain recorded new single season highs across several categories this year – 2,655 minutes, 150 clearances and 159 duels won.

Saturday, Oct. 24's come-from-behind win – the club's 13th consecutive unbeaten result – clinched the second seed in the Western Conference for the second year in a row.

Republic FC tickets are available now at SacRepublicFC.com. ★

# Encore Chamber Ensemble Seeks New Members



**Now in its fourth year, the ensemble, which consists of some 20 active members, is especially suited for both adult beginners and returning players with no auditions and a genuine focus on music-making for enjoyment.** Photo courtesy of Encore Chamber Ensemble

*Continued from page 1*

players who want to enjoy their music in new company and others are new to music playing and who have never played in an orchestral environment before," she said in a recent telephone interview.

"My goal in starting the (Encore Chamber Ensemble) was to encourage, and enable adults to play together, so we can all improve and enjoy the experience of the music we love," Alpert said.

Alpert asks that new members have basic music-reading skills, and beginners have at least one year of study of their instrument before joining.

"Playing with a group for the first time is exhilarating and always presents new challenges," she said.

Music-making demands the continuous interaction of perception and action. Translating a written score into precise finger moments while monitoring their own sound and adjusting in real time.

"It takes time to refresh muscle memory of any instrument, but patience and taking time to play with a group can honestly help," she said.

The ensemble's general aim is to create a safe and welcoming environment for adults coming late (or recently returning) to music, as Alpert herself once was.

Alpert moved from Santa Cruz to Fair Oaks after a fulfilling professional career with a regional chapter of The Arc, the largest community-based disability organization in the United States which advocates for and with people with intellectual and developmental disabilities and their families.

It wasn't long before she took a beloved violin out of its case and began playing actively once again.

"Encore is a no-judgment zone," she said. "And it's also important that you possess a healthy sense of humor and a fair amount of patience."

"While every musician aims to improve, our goal is not necessarily total mastery of a particular piece," she said.

"It matters not if you sometimes hit the wrong notes. Whatever your level, bring your instrument and come join the fun," Alpert said.

"Even when the music is relatively simple, playing in an ensemble adds the elements of keeping time, paying attention to the conductor, and careful listening to the other parts to produce music that sounds integrated."

"You will find that you develop your listening and sight-reading skills to a great degree by participating in an ensemble. And anyone who wants to experience the fun of group play is welcome."

"Some pieces may be more challenging than others and may take some players longer to master," she said. "Not mastering a piece is also OK."

"Just relaxing and enjoying and working towards a goal of playing more notes each week is a perfectly worthwhile goal," she said.

For beginners, in addition to its regular rehearsals, the ensemble offers extra help in the form of optional group coaching by its conductor, to help you with any specific areas a player might struggle with in learning the music.

"Because I insist on no auditions, our ensemble members' abilities consist of a range of technical abilities and notational literacy," she said.

Alpert said some of the ensemble's more advanced players are counted on to not only take on the more challenging parts of the music but also to provide collective inspiration to the group at large.

"In bringing everyone together, members are placed in the position of being both mentor and mentee, and this is an arrangement which fosters growth and enjoyment at all levels," she said.

The ensemble's repertoire consists of mostly classical music, and classical arrangements of seasonal music.

"Infrequently we detour into contemporary compositions just to change things up," she said.

The Encore Chamber Ensemble performs twice a year, and family members and friends are invited to attend.

Interested musicians should bring their instrument to each rehearsal session and are asked to have a folder or binder in which to keep all their music together and carry a pencil with an eraser to mark their music.

Sheet music is typically emailed in advance, and a personal portable music stand is essential, she said.

The cost to participate in the Encore Chamber Ensemble is $18 per rehearsal, $72 each month, and that amount is due at the beginning of each month, whether a participant attends each week. Payments are applied to the costs of rehearsal space, conductor, sheet music and insurance.

"The idea is to come as you are and have a good time," she said. "Play the parts or measures that you can, listen to the parts you cannot, and strive to contribute to the best of your ability," she said.

The Encore Chamber Ensemble is a string orchestra for beginner/intermediate adult string players with rehearsals on Tuesday evenings from 6:30 to 8:30 pm at the Carmichael Elks Lodge, 5631 Cypress Ave.

The group's website features links to both past public performances and examples of the technical level of music played.

For more information, visit: https://encorece.wixsite.com/encore-ensemble or email: encore-chamberensemble@gmail.com. ★

# APA Sacramento Valley Section Honors Urban Planners

## *Awards event celebrates regional innovation across Sacramento Valley*




**The Sacramento Valley Section (SVS) of the American Planning Association (APA) convened on the evening of Oct. 15 to honor those who have outstanding achievements in city planning.**

***Story and photo by Khushi Salgia***

**SACRAMENTO REGION, CA (MPG) -** Urban planning informs how a city grows, develops and what kinds of resources are available to its residents. To honor those driving local innovation and community development, the American Planning Association (APA) Sacramento Valley Section (SVS) hosted their annual awards show on the Oct. 15. The SVS is the largest APA section in the region with a 23-member board.

"It provides us with networking and educational opportunities," said Paula Danelouk, APA member.

Selected by a five-member jury panel led by APA Awards Director Nikki Zanchetta, this year's award recipients demonstrated creative problem-solving and visionary thinking to tackle complex planning challenges.

Among the evening's top honors, the Transportation Planning Award of Excellence went to the Sacramento Area Council of Governments (SACOG) Regional Mobility Hubs Design Guidance. This project aimed to figure out how transportation could be improved to reduce mileage.

"The mission is to create accessible transportation hubs," said Chelsey Norton, a representative from SACOG. "We want to create environments where people are able to move freely and efficiently."

The Comprehensive Plan Award was awarded to Marysville 2050: General Plan and Downtown Specific Plan.

"[This plan] addresses housing, multimodal transportation and historic preservation," said JT Lee, an APA board member who presented the award.

Marysville, a town north of Sacramento, is landlocked due to levees and therefore hasn't been able to grow or expand outwards. In addition, there are two major highways that bisect the city, which makes mobility restricted.

"It's a snapshot in time," Lee said.

The core vision establishes a framework for a diverse and economically sustainable community with active downtown spaces, minimized vacancies, affordable housing options and expanded park and recreation access. This is the first time a plan to grow Marysville has been updated since 1985.

The Planning Excellence Award went to the SACOG 2050 Blueprint. What makes this plan special is that it gathered data and input from over 6,000 residents, which is more data than a typical plan would collect.

"Our success depends on planning and acting together," said Lisa Lind, blueprint manager at SACOG.

The next award presented was the Planning Agency Award of Merit, which recognizes an agency that shows both innovation and implementation in city planning. This was awarded to the Citrus Heights Community Development Department (CHCDD) for their commitment to translating long-term goals to meaningful actions.

"Never underestimate the power of a bold vision," said Casey Kempenaar, community development director at CHCDD.

Afterwards followed the Planning Agency Award of Excellence which went to the Sacramento County Planning and Environmental Review. Next was the Planning Firm Award of Excellence which went to Mintier Harnish.

Another Planet Entertainment (APE) and SKK Developments received the Local Vision Award. This award, which honors projects with out-of-the-box thinking or an unconventional vision, was given to them for their Channel 24 project. This project turned an industrial warehouse into a concert venue because many touring musicians have to skip Sacramento due to there not being an appropriately-sized venue for them to play.

"APE wanted an opportunity to bring live music to Sacramento," said Sarah Ellis, the architect who designed the venue.

The Emerging Planner Awards were awarded to Nikki Zanchetta and Hannah Woolsey of Mintier Harnish for their promising contributions early in their planning careers.

The highest individual honor was the SVS Legacy Award, which is for "honoring an SVS professional showing exemplary commitment to the planning and practice [of urban design]." This award went to Kacey Lizon of SACOG.

"Kacey is a competent and warm leader," said Bernadette Austin, CEO of CivicWell who presented the award to Lizon.

In her speech, Lizon reflected on the honor and the inspiration provided by her peers across the Sacramento region.

"My heart is full tonight," said. "It makes me want to step up my game." ★