

# College-Glen News



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[www.collegeglen.org](http://www.collegeglen.org)

July - September 2024

## 2024 Family Night Out

Special thanks to all our CGNA/Foundation Family Night Out guests and volunteers! Setting up tables, tents, and chairs, and a sound system early in the day, cooking hot dogs and serving up treats during the event, painting faces and creating balloon art for visitors of all ages, and lighting fireworks; We can host this event because we have such tremendous neighborhood volunteers.

The Sacramento Police Department, Fire Department and Station 60, Sacramento County Probation, our elected representatives, local businesses, education and non-profit organizations were joined by candidates for Mayor and Assembly District 6 and the Sacramento Youth Band. Our local Scout Troop led us in the Pledge of Allegiance ushering in the TNT Salute to Freedom and Independence fireworks display. Thank you to



College Greens resident Ben Belechi for singing the National Anthem and God Bless America. See pages 8-9 for more photos!

## CGNA Requests Signs in Critical Areas



Example of requested sign.

The CGNA/Foundation working with Assemblymember Kevin McCarty's and Senator Angelique Ashby's staff were able to get CalTrans to acknowledge the areas adjacent to and under the Howe Avenue overpass are the responsibility of the City and not the State. In addition, the area associated with the on-ramps for Watt Avenue at La Riviera are also not within the jurisdiction of the State. It is not clear who is responsible for the Watt Avenue area. The Association has requested and Councilmember Eric Guerra has agreed to assist in securing signs that restrict parking and prohibit trespassing, camping, fires,

and possession and use of alcohol in the Howe Avenue, Oki Park, Glenbrook Park, and the American River Access area off La Riviera. The Foundation has been advised that it will take time for the signage to be put in place.



## CGNA/Foundation Annual Meeting

Thursday, October 17, 2024  
6:00pm at Fire Station 60  
3301 Julliard Drive

The Foundation has asked to have their 2024 Annual Meeting at Fire Station 60. Invitations have been sent to representatives from our public agencies, government representatives, local schools, and the candidates for Mayor of Sacramento and State Assembly District 6.

## There's More Inside...

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# Bancroft Spring Highlights

By Lorena Carrillo, Principal

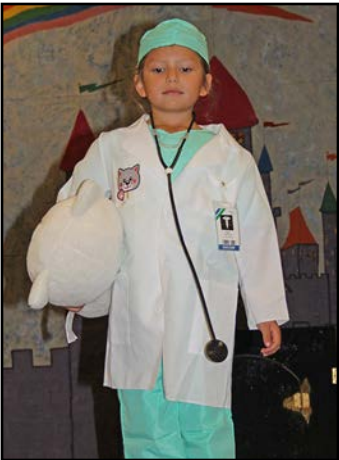
We are excited for Beaverdash, our annual fun run, in April. This annual event, organized by our PTO, proved to be a tremendous success, bringing together our students, families, and community members for a day of fitness, fun, and camaraderie. We were excited to see Bucky, our mascot, enjoy the run with the students.

To wrap up the school 2023-2024 school year, we have three memorable events. Our Playday is when the students rotate through stations in complete fun and exciting activities such as tug-a-war, sponge relay, and water balloon toss to name a few. Our kindergarten students walked the runway in their annual Kindergarten Career Fashion Show. The students dressed up in the future professions. This included being a chef, police officer, astronaut, and many other professions.

Lastly, we wrapped the school year with the sixth-grade promotion. During the promotion we highlight each students' memorable moments at Bancroft. Student speeches conveyed messages of determination and growth. We concluded the morning with a presentation of promotion certificates to each student and wishing them the best in middle school.









## Enrollment Numbers Rising

By Tami Nelson, Los Rios Community College District Trustee

Dual enrollment, which allows high school students to take college courses and earn college credits, is an important way to expand educational opportunities, improve economic mobility, and meet California's workforce needs (Education Commission of the States 2019). However, historically it has been accessible only to high-achieving students taking advanced academic coursework (US Department of Education 2019).

At the Los Rios Community College District, Dual Enrollment students may enroll in up to 11 units each semester across the district or online. The past five years, spring term dual enrollment has increased from 1,547 to 4,834 students! As well, summer course dual enrollment is expected to increase from 1,987 during summer 2023, to an estimated 2,808 this summer! Student outcomes are promising as well. Their GPA averaged 3.33, with success outcomes of 85%.

Our district has been making a focused effort to offer and expand dual enrollment opportunities for students who may not already be college-bound or who are underrepresented in higher education. The goal is to develop seamless pathways from high school to community college for career technical education or preparation for transfer, while saving students and families both time and money!

Some other benefits of dual enrollment include increased college readiness skills, higher school attendance rates, and greater overall academic achievement. If you know of any high school students who are interested in taking college courses, please pass on the information!

## Neighborhood Toddler & Pre-School Program Availability



The toddler and pre-school programs offer four-day morning and afternoon preschool and a toddler class on Fridays. All classes have a parent participation component. A parent or grandparent volunteers in the classroom one day a week in the preschool and someone stays with the child in the class with the two-year-olds. For more information on the programs contact Ms. Paula, the instructor, at 247-3335.

## Sacramento Uechi Ryu Karate Dojo

By Robert Van Der Volgen Jr.

On Saturday, June 15, 2024, the Sacramento Uechi Ryu Karate Dojo received its membership certificate in the Okinawa Uechi Ryu Karate Do Association (Rengokai).

Sacramento was the first overseas dojo to be accepted into the association of over 30 Uechi Ryu dojos on Okinawa. Since then a dojo in Germany has also been accepted.

The members of the Sacramento Dojo are extremely honored to have been invited to join the Rengokai. While training on Okinawa in June, the progress of the Sacramento dojo students was noted and corrections

for further improvement were given. The members of the dojo are grateful for the continued instruction and support they receive from the instructors on Okinawa and view membership in the Rengokai as a continuing commitment to improving their practice.



## Rosemont High School Graduates

By Mitchell Jones, Principal



**Charlize Fasula, 2024 Rosemont HS Valedictorian**

This past school year we celebrated our 20th anniversary and graduated a very special class. They began high school without getting to go to high school, starting freshman year almost entirely on Zoom. This class helped rebuild campus culture in the wake of COVID-19. There were athletic standouts, with rushing records in football, all-league golf honors, track excellence, and the powerhouse softball team. Our Culinary, LEAD, and ECD pathways set the stage for graduates' next steps. Among our many standout stories, Rosemont graduates are on their way to West Point and joining the Navy's nuclear submarine fleet.



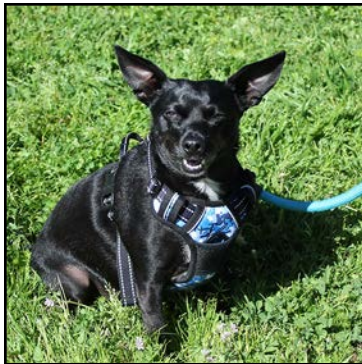
# Sacramento Doggy Dash

The 2024 Doggy Dash raised more than \$215,000 to help the Sacramento SPCA provide direct care to the animals in our community. Canines and their people filled Sacramento's William Land Park for a morning walk then enjoyed food, drink, demonstrations, and more at the Bark in the Park Festival. The Sacramento SPCA provides medical care to sick or injured animals, low-cost vaccinations, and spay/neuter services for the community along with behavior training and humane education.

Keep your calendar open next April for the 32nd annual Doggy Dash.









## Reduction in Unsheltered Homeless in Sacramento County and City

From the Desk of Councilmember Eric Guerra

We wanted to share some of the results from the Point in Time (PIT) Count. The PIT Count is a federally mandated tally of the unhoused population for each County, that occurs every two years. In 2022, it was estimated over 9000 unhoused members lived in the County. In 2024, there was a major decrease to about 6500 unhoused members. Unsheltered homelessness decreased across the County by 41% and decreased within City limits by 31%. There were also decreases for families, veterans, and those who are chronically homeless.

While many counties saw decreases, Sacramento County saw one of the largest decreases. We think this is because we made many systems more efficient, like our City and County Coordinated Access System, the Incident Management Team, and 311. Additionally, another factor was that by having such a large pandemic increase between 2019 and 2022, the number had to fall some because that increase was not at a sustainable rate. Lastly and most importantly, Sacramento has been very pro-housing and has seen two-year increases in both shelters and transitional housing (84%, over 3500 new beds) and permanent supportive housing (30%), with many more projects on the horizon. While all of these trends are very positive and exciting, we are not finished and still have more work to do. That being said, it is great to know that we are making progress where it counts. Thank you and enjoy your summer!

## Stay Cool, Save with SMUD's Summer Tips

By Gregg Fishman, Vice President, SMUD Board of Directors

Sacramento is bracing for another heatwave and more 100-plus-degree days. At SMUD, reliability is a core value, and we are prepared to keep your homes powered and comfortable even in the most extreme heat. While we experienced a few scattered heat-related outages this summer, the overall power system performed very well – thanks in part to our customers' efforts to conserve energy.

Air conditioning is one of the biggest electricity users in your home, especially during these hot summer months. SMUD is here to help you stay comfortable without straining your budget, offering practical energy- and money-saving tips that also help reduce stress on grid during times of peak energy usage.

### Easy tips for staying cool:

- Use fans, close blinds on windows that receive direct sunlight.
- Swap out light bulbs for LEDs, which generate less heat.
- Change your air filter and clean your HVAC unit regularly.
- Use a smart thermostat to control HVAC usage more efficiently.
- Set your thermostat to 78 degrees or higher. Every 2-degree increase can reduce cooling costs by 5-10%.
- Avoid using multiple large appliances simultaneously, especially during peak hours of 5 p.m. to 8 p.m.

For more customized tips, to manage your bill or to set up alerts, visit [smud.org/Heatwave](https://smud.org/Heatwave). For example, SMUD's Daily Cost Estimator tool lets you see how much it costs to operate household appliances at different times of the day.

By keeping energy conservation in mind, you can enjoy a cool and comfortable home while keeping your energy bills under control and doing your part to reduce your carbon footprint as SMUD moves toward a carbon-free future.

## Legislative Progress

From the Desk of Assemblymember Kevin McCarty

Happy Summer! Thank you for having me at College Glen's National Night Out! It was great to celebrate and connect with neighbors.

As we progress toward the end of this legislative session, I am proud to share an update on some of the impactful legislation I am working on this year. Notably, I am proud to share that my financial literacy bill, AB 2927, which requires California high schools to provide a one- semester, stand-alone course in personal finance to all students as a graduation requirement, has been signed into law by the Governor. I'm proud to be the lead author on this important policy and help students make smart money decisions that will benefit them throughout their adult lives.

Additionally, I would like to highlight AB 2593, a bill that would permit Sacramento County to form a Joint Powers Authority (JPA) partnership with seven cities in the county to coordinate response and resources to the homeless population. Creating a JPA provides an opportunity for local governments to establish a set of shared goals to work on together to effectively address our region's homeless crisis. I am proud to have coauthored this legislation with Assemblymembers Nguyen and Hoover, and I am looking forward to the bill making its way to the Governor's Desk.

Lastly, this past year as the chair of the Assembly Public Safety Committee has been challenging, but incredibly rewarding as the committee has worked to combat some of the state's most pressing public safety issues such as retail theft, gun violence and drug abuse. Our work is almost complete and I'll share a final wrap-up in the next newsletter.

## College-Glen Real Estate

By Doug Reynolds

As the high temperatures have rolled in, real estate in College-Glen has finally started moving a bit more. The first half of the year had been defined by not a lot of activity. Not many homes for sale due to the "lock in effect" of high interest rates and therefore not many sales. But the past few months have brought more homes for sale and more sales. This is a good trend to see and although we have not reached pre COVID levels of sales we are heading in the right direction as 8% interest rates appear to be behind us, more sellers are listing their house for sale and more buyers are out there looking... but it's an interesting market.

The homes that show really well with updates, neutral colors and great locations are selling with a lot of buyer competition. The ones that are dated or need work or have some flaws, those are sitting as the current buyers are being picky due to higher interest rates. So, it's a mixed bag market right now in College-Glen. Some sellers are getting multiple offers, selling over list price in a few days and other sellers are having price reductions while their house sits on the market for prolonged periods of time. I anticipate rates to slowly continue to creep down and that should slowly bring more sellers and buyers to the market. For now, it's an interesting mixed bag with prices holding firm and even ticking up a bit due to limited number of homes available.

# College Glen Neighborhood Night Out









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**Thank you!**

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## Stay in Touch with The College-Glen Neighborhood Association!

### Check out the CGNA Web Site at [www.collegeglen.org](http://www.collegeglen.org)

- Read a full color version of the neighborhood newsletter
- Learn more about our sponsors
- Find out dates for upcoming events

## Register Your Support for CGNA in 2024!

We encourage every household to register their support for the Neighborhood Association. Use the form below or the card and envelope included with the January newsletter to contribute and register your support. Please mail your contribution and form to CGNA, P.O. Box 276474, Sacramento CA 95827. Our California Nonprofit Corporation Number is 1689161 and our Tax ID is 94-3153412. Thank you for your support!

## College-Glen Neighborhood Association/Foundation 2024 Contribution Form

**Support your community! Contribute today!**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ Sacramento, CA 95826

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

Are you currently on the CGNA e-mail list?  Yes  No If not, may we add your e-mail to our list?  Yes  No

*Please make checks payable to College-Glen Neighborhood Association/Foundation.*



# CGNA Youth and Adult Classes at Valley Community Church

CGNA youth and adult classes are now being held at Valley Community Church at 3150 Wissemann Drive! Join a Uechi-Ryu Karate class, explore music with your toddler or pre-schooler, or stop by for a vinyasa flow yoga class! Free Friday Watercolor with Woody Hansen continues meeting on Fridays along the American River access.

CGNA thanks Valley Community Church for opening up your facility to our neighborhood classes.

## Free Friday Morning Watercolor Mini-Workshop

Woody Hansen has resumed his Free Friday Watercolor Mini-Workshops - weather permitting.

Woody invites you to bring your paints, pencil, or camera and enjoy a cool, morning of artistic motivation.

Weather permitting, class begins at 9 AM every Friday morning throughout the year. All levels, all ages, welcome. For information on Free Friday Watercolor Mini-Workshops and Woody's studio watercolor classes you may E-mail Woody at [watercolors@woodyhansen.com](mailto:watercolors@woodyhansen.com)



## Uechi - Ryu Karate Classes

Beginning & Advanced Traditional Uechi - Ryu Karate Monday, 6:30 pm.

The Uechi - Ryu Karate classes continue to welcome new students. Everyone is encouraged to come, visit, and find out if this karate class is the one for you. Karate offers personal fitness, character development and individual growth. For more information, please contact or e-mail [vandervolgenjr@yahoo.com](mailto:vandervolgenjr@yahoo.com).

Learn Traditional Uechi-Ryu Karate from Attorney Robert "Robb" Van Der Volgen Jr. and CSUS Professor Joan Neide, Ed.D. Both instructors are 9th degree black belts with Master teaching licenses. Robb and Joan will follow the tradition of blending beginners with advanced students. For the beginners, the initial focus is on posture, breathing, footwork and unified movement.



## Women's Vinyasa Flow Yoga Class with Cate Lewis

Tuesday evenings, 5:30-6:30 pm

Feel the need to slow down and stretch your body? Maybe it's time to move and sweat a little?

Bring a mat, a water bottle, and a desire to strengthen your body with some amazing women!

Led by Cate Lewis, a Yoga alliance teacher, certified in vinyasa, yin, and restorative yoga.

For more information, email Cate at [catielew2@aol.com](mailto:catielew2@aol.com)



## Music & Movement for Toddlers & Pre-Schoolers with Lisa Phenix

Stimulate your child's development on every level; promote self-esteem, increase coordination, nurture your child's self-expression, and bring out the song in your child, with Lisa Phenix and her music and movement class. With egg shakers, bells and drums in hand, your child becomes part of the back-up band as we explore nature, gravity, and the seasons. This parent/grandparent participation class is scheduled for Thursdays at 9:15 am. The cost is five sessions for \$25. For information e-mail Lisa at [lisap@winfirst.com](mailto:lisap@winfirst.com) or call 719-6106.





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College-Glen News is a collaboration of articles from community leaders, CGNA Board of Directors, and citizens at large. The opinions in the articles do not necessarily reflect those of the board, unless stated so. If you wish to submit an article or have an editorial, please mail it to the listed address with your name, address and phone number. Editorials with this information will be addressed and/or considered for publication in next quarter's issue.

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Sharlyn Deglow-Solie, Editor

Contact us at:

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