

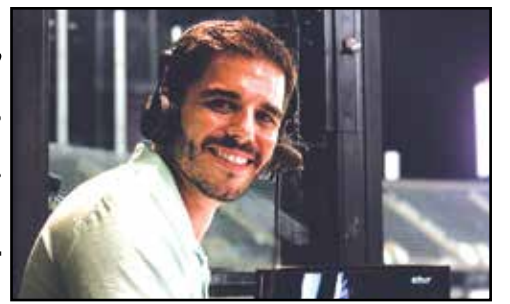


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Gold River Messenger

VOLUME 11 • ISSUE 3

Serving Gold River and Sacramento County

MARCH 2023

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Baking from the Heart



With rousing support from the community, BJ Yu, owner, cuts the ribbon at the grand opening event.

**Story and photos
by Paul Scholl**

RANCHO CORDOVA, CA (MPG) - Koreana Plaza International Market held a grand opening event for their newly expanded bakery on March 3, 2023. The first 100 guests from the community received a free wonderful baked item as a gift for showing up to support them.

Lead baker for the new bakery is “Shay” (Scheherezad Abdullah Alanazi). During the ribbon-cutting ceremony she explained to those in attendance how she and the staff pride themselves daily on



BJ Yu celebrates with Diann Rogers at the post-ceremony luncheon.

“baking everything from the heart.”

From tasting the samples at this event, she is 100

percent correct. Comments from attendees included everything from “fantastic” to “absolutely delicious”.

Local dignitaries Linda Budge, Mayor of Rancho Cordova and Diann Rogers, Executive Director of the Chamber of Commerce, each spoke briefly about the importance of KP Market to the community and how it enriches Rancho Cordova.

During his presentation at the ceremony, owner BJ Yu had grateful praise for Jungmin Cho, Office Director, for all of his hard work of making the development and expansion of the bakery a success.

Continued on page 2

United Way Announces 100th Anniversary Goal



Dr. Dawnté Early, president and CEO at United Way California Capital Region, announces the nonprofit’s 100th anniversary goal at one of United Way’s Yolo Kids Read events in West Sacramento. Photo courtesy Thébaud Communications

**By Kristin Thébaud
Communications**

SACRAMENTO REGION, CA (MPG) - As United Way California Capital Region celebrates its 100th anniversary this year, the local nonprofit working to end poverty through education has announced a new goal to raise \$3 million to help 10,000 kids excel in school by 2025.

“This is such an important year as we celebrate 100 years working together with this community to end poverty for local families,” said Dr. Dawnté Early, president and CEO, United Way California Capital Region. “We have learned so much over the past 100 years, and now we are ready to enter our next century with a bold new goal. We know education is a proven ladder out of poverty, and we know school is square one for reaching families in need. With kids coming out of Covid even more behind in school, we have doubled down on our commitment to raise the resources necessary for our region’s children to excel in school and thrive as adults.”

Focusing on schools through its Square One approach, United Way California Capital Region offers a wide array of programming and services to ensure children and their families have the resources they need to succeed in school and in adulthood. From a regional reading tutoring program and school-readiness services for incoming kindergartners to an income program for foster youth, guaranteed income for families, free tax preparation services and more, United Way has created a holistic approach that starts in schools. United Way’s work centers families in their children’s academic achievement by helping children excel in school, investing in families, and strengthening schools

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‘The Wall That Heals’



The Wall That Heals honors the more than 3 million Americans who served during the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Photo courtesy of VVMF

VVMF News Release

SACRAMENTO COUNTY, CA (MPG) - *The Wall That Heals*, a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center, is coming to

Citrus Heights, Calif., on March 29 - April 2, 2023 at Rusch Park at 7801 Auburn Boulevard and will be open 24 hours a day and free to the public. *The Wall That Heals* honors the more than three million Americans who served in the U.S. Armed

forces in the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam.

“The Vietnam Veterans Memorial Fund is pleased to bring *The Wall That Heals* mobile exhibit to Citrus Heights to allow

local veterans and their family members a chance to experience *The Wall*,” said Jim Knotts, president and CEO of VVMF. “Hosting *The Wall That Heals* provides an opportunity to honor and remember all those who

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Baking from the Heart

Continued from page 1

The current bakery was an expansion from the previous bakery in the same spot within KP International. The expansion allowed the baking team to really show more of a broad selection and showcase more of their baking “artistry”.

KP International first opened in Rancho Cordova in December of 2003. It expanded to 90,000 square feet in 2012. And it is the store that just keeps on giving. With a grocery selection that represents over 65 countries, it now also offers their top-notch bakery.

KP Bakery’s future plans include people being able to pre-order baked goods, such as cakes for events, birthdays or office parties, or perhaps even some scrumptious pies for family gatherings. They will announce when they are ready for pre-orders, but for now, stop by to see their daily selections.

After the ribbon-cutting ceremony, owner BJ Yu offered a tremendous spread of sweet treats and tasty sliders and salads for friends, family and local businesspeople who showed up to support the grand opening. Everything was first class. Attendees felt truly appreciated.

The bakery is open from 8:00 am to 9:00 pm daily to satisfy your taste buds. It is located at 10971 Olson Drive in Rancho Cordova. You can find out more at their website <https://sac.kpinternationalmarket.com>.

KP International has 165 employees, with 12 being dedicated to the bakery. ★



Anxious attendees can't wait to get a taste of the baked cakes and cookies.



How is anyone supposed to choose from such a great selection?



All guests to the luncheon were treated with a take home dessert.



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ASK THE DMV

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Ask the DMV – Let the DMV Simplify Your Wedding Season

Did you know that the most popular time for weddings is from May through October? Whether you’re headed to the altar, moving into a new home, or heading to a wedding out of state, learn how the DMV can help make wedding season more convenient and less stressful.

Q: I just got married and want to change my last name. What are the steps to do so? Do I have to visit a DMV office to get my name updated on my ID?

A: To change your name with the DMV, you’ll first have to change your name with the local Social Security Administration (SSA) office. The DMV electronically verifies your name, birth date, and social security number with the SSA. After you’ve changed your name with the SSA, you’ll need to complete a driver’s license or identification card application, a process you can start online. Next, you’ll need to visit a local DMV office to provide evidence of your name change and pay the application fee. At the time of this transaction, you’ll also be required to surrender your current driver’s license.

A name change is also an opportunity to apply for a REAL ID instead of a standard driver’s license. For more information, visit realid.dmv.ca.gov.

Q: I’ll be moving into a new home after getting married. Do I need to visit a DMV office to change my address?

A: You can change your residence or mailing address online in the DMV’s Change of Address System. However, you cannot use this online service if you: Do not already have a California driver’s license or identification card, do not have a social security number, have an army post office or fleet post office address, have an address outside of the US, or, have applied for but not yet received your REAL ID. For those, you must complete a change of address form and mail it to the address listed on the form.

Q: My best friend is getting married out of state next summer and my passport has expired. Can I use it instead of a passport to fly to the wedding?

A: Yes! A REAL ID is a federally accepted form of identification and may be used to board domestic flights and to enter secure federal facilities, such as military bases and federal courthouses. One benefit of a REAL ID is that it allows you to carry a single piece of identification that serves a dual purpose, as opposed to having to keep up with both a driver’s license and a passport during travel, a time which is often already very busy and hectic. Starting May 2023, a standard driver’s license/ID will become federal non-compliant, meaning you will not be allowed to board an airplane or enter secure federal facilities using it.

For more information or answers to questions not listed here, Please visit www.dmv.ca.gov.



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Boomers Weigh Health Insurance and Medicare Costs in Retirement



By **Tim Coughlin**

Baby Boomers are retiring in droves! It's estimated that in 2023 about 10,000 Baby Boomers will reach retirement age every day. As they reach this milestone, Baby Boomers must each face the costs of accessing healthcare, whether it be through health insurance or Medicare. Planning for healthcare costs at this stage in life is a crucial part of the retirement plan puzzle, particularly given the importance of maintaining good quality care and access to providers as we age.

"Health insurance and Medicare coverage costs can be a bit of a shock or surprisingly affordable," says Tim Coughlin, an independent insurance broker in Gold River specializing in health and Medicare insurance planning. Health Insurance costs can vary from practically nothing to over \$1,000 a month or more for individuals and up to \$2,000 a month for couples under the age of 65. For people on Medicare, the costs of Medicare and plan premiums can range from around \$165 a month to over \$700 a month depending on plan choice and household income. On top of premium costs, there are potential deductibles, copays, and coinsurance that can add to costs.

It pays to compare all available options you may have: "COBRA," retiree coverage, Covered California and/or Medicare Supplement, Medicare Advantage, and Prescription Drug Plans. Prescription drug plans can be an important factor for Medicare beneficiaries as deductibles, copays, and coinsurance are often higher for anyone taking expensive, brand-name medications. Another consideration that can impact cost is what doctors and hospitals you want to maintain access to.

Comparing costs and benefits for Covered California Health Insurance and Medicare can be a bit confusing at first. That's where a good independent broker comes in. A dedicated agent can help you understand the costs and benefits of different plan options, the enrollment process, and timing, and help you get coverage that is appropriate given your objectives, provider preferences, and budget.

Many people who are retiring and have never worked with a health insurance broker before don't realize that the broker's services are free to the client since independent agents are paid by the insurance companies they represent.



Tim Coughlin, located in Gold River, CA, is an award-winning independent agent specializing in Medicare planning for over 35 years. He can be reached at (916) 346-4417 or by email at tim@summitindins.com or through the agency website, www.summitindins.com. (LIC. # 0669552)

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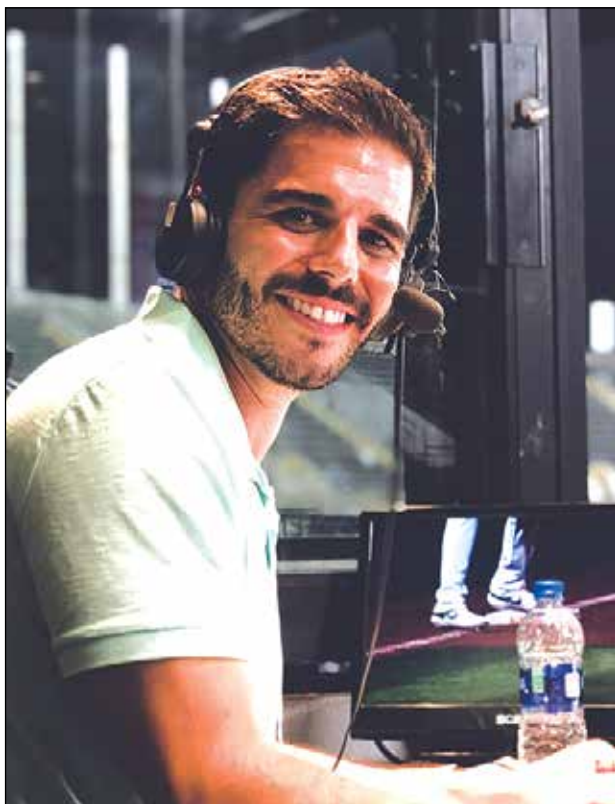
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Zack Bayrouy Named Voice of the River Cats



Zack Bayrouy is the new voice of the Sacramento River Cats franchise. Photo courtesy of Sacramento River Cats

Sacramento River Cats Communications

WEST SACRAMENTO, CA (MPG) - After receiving interest from across the country, the Sacramento River Cats, proud Triple-A affiliate of the San Francisco Giants, are thrilled to announce Zack Bayrouy as the new voice of the franchise.

Bayrouy replaces long-time River Cats announcer Johnny Doskow, who accepted a position with the Oakland Athletics in January. The Worcester, Massachusetts native Bayrouy becomes the

fourth voice of the River Cats, following Jeff Walker (2000), Doskow (2001-2022), and Spanish-broadcaster Jose Reynoso (2000-2008).

"We received an overwhelming amount of interest in the position and Zack quickly separated himself from the pack with his mixture of on-air talent and multimedia experience," said Chip Maxson, President and COO of the River Cats. "Johnny Doskow was synonymous with Sacramento sports for over two decades and we feel Zack is the perfect heir to usher the franchise and

fans into a new era."

Although from the east coast, Bayrouy is familiar with Northern California, calling games for the Oakland-affiliated Single-A Stockton Ports for 14 seasons, as well as serving as the play-by-play of University of the Pacific (Stockton) men's basketball since 2010 (13 seasons). He has spent the last three seasons broadcasting for the PCL-rival Reno Aces (Triple-A affiliate of the Arizona Diamondbacks), which included a 2022 PCL Championship.

"I'm beyond grateful for the opportunity to join the River Cats family and be part of an amazing team," said Bayrouy. "To have the microphone passed to me from Johnny Doskow is one of the great honors of my life. I know what his voice meant to the fans and what his presence meant to the community, and it's my privilege to continue to build on that legacy in Sacramento."

Bayrouy made his Major League debut in Oakland on Sept. 3, 2019, calling the game between the A's and Los Angeles Angels.

Listen to Bayrouy's River Cats debut on Opening Day, March 31, at the Salt Lake Bees. Catch his home debut on rivercats.com as the River Cats host the El Paso Chihuahuas for Opening Night on April 5 at 6:45 p.m. (PT). ★

DA Thien Ho Announces the 2023 Citizens Academy

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - Learn about the criminal justice system, discuss issues related to use of force, specialized prosecutions and sensitive current events and engage in open discussions with top administrators!

District Attorney Thien Ho announced that applications are now being accepted for this year's in-person Citizens Academy. The Sacramento County District Attorney's Office hosts the program in partnership with the Sacramento Police Department, the Sacramento County Sheriff's Office and the Sacramento County Probation Department.

The program is designed to engage citizens from all backgrounds and communities in discussion about public safety and criminal justice issues. Participants learn about our local criminal justice system – including the roles of law enforcement, prosecutors and the courts. Topics include the anatomy of a criminal

case; specialized areas of prosecution; CSI and crime lab analysis; local gangs; use of force; innovative programs and partnerships; and community-focused public safety partnerships and initiatives. There is also an opportunity for a field trip to the 911 Communications Center.

Representatives from the District Attorney's Office, Probation Department, Public Defender's Office, law enforcement, the judiciary and community organizations will provide information, answer questions and address community concerns.

There is NO cost to participants. The 10-week course is held on Tuesday evenings starting April 4, 2023 – June 13, 2023, from 6 p.m. – 8 p.m. at the Sacramento Police Department's Safety Center (5770 Freeport Blvd., Sacramento).

The deadline to apply is Friday, March 17, 2023.

Application Forms: Visit sacda.org – on the Homepage and under "In the Community." ★

'The Wall That Heals'

Continued from page 1

served and sacrificed in the Vietnam War and educate visitors on the continuing impact of the Vietnam War on America."

The Wall That Heals is transported from community to community in a 53-foot trailer. When parked, the trailer opens with exhibits built into its sides, allowing it to serve as a mobile Education Center telling the story of the Vietnam War, The Wall and the divisive era in American history.

The three-quarter scale Wall replica is 375 feet in length and stands 7.5 feet high at its tallest point. Visitors will experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C. Visitors are able to do name rubbings of individual service member's names on The Wall.

The Mobile Education Center exhibit includes: digital photo displays of "Hometown Heroes" - service members whose names are on The Wall that list their home of record within the area of a visit; digital photo displays of Vietnam veterans from the local area honored through VVMF's *In Memory* program which honors veterans who returned home from Vietnam and later died; video displays that teach about the history and impact of The Wall; educational exhibits told through items representative of those left at The Wall in D.C.; a replica of the *In Memory* plaque; a map of Vietnam and a chronological overview of the Vietnam War. The exhibits tell the story of the Vietnam War, The Wall and the era surrounding the conflict, and are designed to

put American experiences in Vietnam in a historical and cultural context.

The 2023 national *The Wall That Heals* tour is generously sponsored by USAA. Through a partnership with the Truckload Carriers Association (TCA), the trucking industry, and Blue Beacon, the exhibit is able to travel across the country.

Since its debut in 1996, the exhibit has been on display in more than 700 U.S. communities in addition to an April 1999 tour of the Four Provinces of Ireland and a visit to Canada in 2005. *The Wall That Heals* is a program of VVMF, the non-profit organization that built the Vietnam Veterans Memorial in Washington, D.C. in 1982. *The Wall That Heals* is the only traveling exhibit affiliated with The Wall in Washington, D.C. and includes the largest Wall replica that travels the country. Two VVMF staff members lead volunteers on site, educate visitors and students, and ensure the reflective atmosphere of The Wall. More information can be found at: www.thewallthatheals.org.

The Vietnam Veterans Memorial Fund (VVMF) is the nonprofit organization that built the Vietnam Veterans Memorial (The Wall) in Washington, D.C. in 1982. VVMF continues to lead the way in paying tribute to our nation's Vietnam veterans and their families. VVMF's mission is to honor and preserve the legacy of service in America and educate all generations about the impact of the Vietnam War and era through programs, ceremonies and education materials. To learn more about VVMF, visit www.vvmf.org or call 202-393-0090. ★

Turn On, Tune In and LogOff

Visit Rancho Cordova News Release

RANCHO CORDOVA, CA (MPG) - There's a certain ethos surrounding LogOff Brewing, one that captures owner Matt Risse's approach to the second act of his professional life.

"It was just about wanting something more than working in bureaucracy and forms and paperwork," said Risse, who, before launching LogOff worked as an information technology employee for the State of California. "It's also kind of a state of mind too. When you're done for the day, you can log off and do things that bring you joy. And we think one of the things that connects people is having a beer."

And that's exactly what LogOff Brewing has been doing since opening in June 2020. Creating community through beer. Whether it's during a game of trivia, a song performed at an open mic or on a booze cruise organized by the brewery, LogOff specializes in creating a hallowed space for gatherings and libations.

"Lots of events are always happening," said Risse. "What I really like about it is people are always in their best state coming to the brewery. It's a lot of fun."

An aesthetic of fun
Like some of the other founders of Barrel District establishments, Risse carved his brewing teeth on a home brew setup. As he learned more about the craft, he became attracted to the artisanal nature of the practice.

"Big beer is mass produced," said Risse. "It's the same recipe over and over again. With craft brewing, you can get creative and have fun with it."

"Each beer is kind of a blank canvas that you can create upon," he added.

That mentality doesn't just extend to the flavors of LogOff's brews. It extends



Matt Risse, owner and founder of LogOff Brewing, reflects on two years of business in Rancho Cordova's Barrel District. Photo courtesy of Visit Rancho Cordova

to the marketing and overall aesthetic of the brewery itself.

Head to LogOff's website and you'll find a cornucopia of upcoming events, including stand-up comedy shows, trivia nights, open mics, bingo and more. In addition, the brewery is experimenting with coordinating boozy-themed trips for interested clientele. Last year, they organized their first trip, a booze cruise through Europe.

"It was a 10-day cruise and it went to Belgium, Amsterdam, Germany, France and ended up in Switzerland," said Risse, noting that travelers visited a host of different breweries for tastings along the way.

With that first trip now in the rearview mirror, Risse is looking to organize more travel events in 2023, including visits to Ireland and celebrating Oktoberfest in Germany.

What's on tap?

Variety is the name of the game when it comes to LogOff's taproom, where 21 beers are currently being served.

Asked about the popular selections, Risse said, "Our Clock Out IPA is really good. We do a Pi(e)rates series which is a fruited sour series based on pies. Right now, we have a mixed berry

one called Wildberry and it has graham cracker and vanilla in it."

Risse also recommended the Walker Texas Oranger, an orange tangerine vanilla wheat beer; Dragon Fire, a red ale; and the German Spy, a Kölsch style beer.

"We're always thinking of different ideas and making sure that we have a certain product mix that we know our customers like as well," said Risse.

With more than two years of operation in Rancho Cordova under his belt, Risse has had time to reflect on the local craft brew and distillery scene.

"The city of Rancho Cordova is very business friendly," said Risse, noting that the prospect of being a Barrel District member intrigued him when he started the brewery. "We've been very happy to be a part of it."

"There's a lot of camaraderie between the different breweries," he added.

Learn more about LogOff Brewing on their website and follow them on social media.

Those interested in participating in one of LogOff's 2023 trips can follow LogOff on social media or send an email to beer@logoffbrewing.com. ★

California Farm Bureau Reacts to Groundwater Decisions

California Farm Bureau Press Release

SACRAMENTO, CA (MPG) - California Farm Bureau President Jamie Johansson responded to the California Department of Water Resources announcement on sustainability plans for the state's groundwater basins.

The agency recommended approval of plans for six California groundwater sub-basins. It declared six other plans to be "inadequate," which will result in a review by the State Water Resources Control Board.

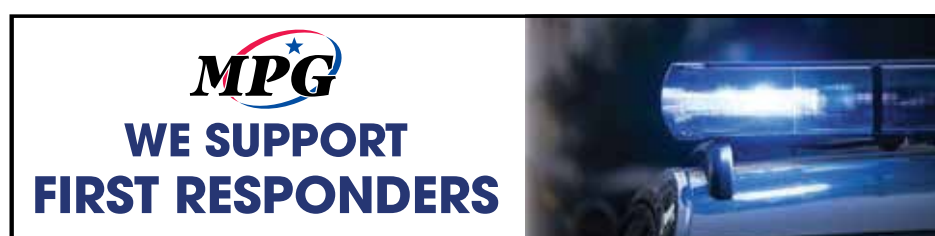
"This action will trigger a process before the water board that will afford local agencies additional opportunities to address identified problems, regain control of their basins and, hopefully, avoid formal probatory status or the imposition of eventual state interim plans," Johansson said.

"Passage of the Sustainable Groundwater Management Act in the 2014 drought year was a seismic shift in California water," he said. "It was never

going to be easy to transition on a timeline of just 20 years to eliminate an estimated 2.5 million acre-feet of overdraft a year in our most impacted areas of the state. Historic droughts in recent years have also shown us that we can't simply continue as we have been, and that California must also invest in a more resilient, 21st-century water system."

Johansson added, "California Farm Bureau will work with state and local agencies, our county Farm Bureaus and our agricultural groundwater users on workable solutions to sustain healthy aquifers. Our groundwater supplies are critical for California farmers, including vegetable, fruit, nut, and dairy producers who account for much of America's food supply. It is important that California carefully consider solutions that protect both our aquifers and our food production."

The California Farm Bureau works to protect family farms and ranches on behalf of nearly 29,000 members statewide and as part of a nationwide network of 5.3 million Farm Bureau members. ★



SMUD Educator Workshops and Events

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD's Community Education & Technology Center lineup of educator workshops and events for Spring 2023 are open for registration.

SMUD's Community Education & Technology Center provides instruction and education on a wide variety of energy-related topics, including renewable energy, STEM curriculum development, home energy efficiency, and advanced energy and computing concepts. Education in these areas engage students in concepts and technologies that are central to SMUD's 2030 Zero Carbon Plan, which will remove carbon emissions from the region's power supply by 2030.

SMUD also hosts several community events throughout the year, including the upcoming SMUD Solar Car Race at Cosumnes River College, SMUD California Solar Regatta, Back-to-School Launch Party at the Aerospace Museum of California, Youth Energy Summit and Electricity Fair in Folsom, both of which will celebrate their

10th anniversaries this year.

Held virtually and in-person, the free professional development workshops are open to all educators within SMUD's service area. The upcoming class, "The Magic of Solar Cells," will be held Wednesday at 4 p.m. Other classes include:

Spring STEM Fling
(Grades K-12, Families)

Saturday, March 11, 10 a.m. - 2 p.m.
California Aerospace Museum
3200 Freedman Park Dr., McClellan Park

Bristlebot Challenge
(Grades 4-12),

Tuesday, March 14, 4 p.m. - 5 p.m., virtual

Cars for Sail (Grades 4-12)

Wednesday, March 15, 10 a.m. - 11 a.m.
SMUD Customer Service Center
Rubicon Room
6301 S St., Sacramento

All classes require registration to attend. To learn more about the SMUD's Community Education & Technology Center and the upcoming events, visit smud.org/Education. ★

Social Security Matters

What's the Best Way to Start Receiving My Survivor Benefit?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: When one becomes a widow/widower, what is the most efficient way to start receiving the deceased's monthly Social Security.

Signed: Still Grieving

Dear Still Grieving: There is really only one way to start receiving surviving spouse benefits – you must contact Social Security directly to apply. You can call 1.800.772.1213 or call your local SS field office (find the number at www.ssa.gov/locator) to make an appointment to apply for your survivor benefits. These appointments are normally conducted over the phone, so a personal visit to the Social Security office isn't usually necessary.

The larger question to consider is when you should claim the survivor benefit. Like most other Social Security benefits, your age when you claim determines how much your survivor benefit will be. And a survivor benefit isn't payable in all cases. Consider these points:

- If the surviving spouse is already receiving their

own SS retirement benefit and that is more than the deceased spouse was receiving, the surviving spouse continues to receive only their own higher benefit but will get a one-time lump sum death benefit of \$255.

- If the surviving spouse's own benefit is less than the deceased was receiving, the surviving spouse's benefit will be based on the higher amount.

- If the surviving spouse has reached their full retirement age (FRA), the survivor's benefit will be 100% of the amount the deceased was receiving. If the widow(er) has not yet reached their FRA when they claim their survivor benefit, the amount will be reduced (by 4.75% for each full year earlier than FRA).

- A survivor benefit reaches maximum at the survivor's FRA. If the surviving spouse hasn't yet reached FRA, they have the option to delay claiming their survivor benefit until it reaches maximum at their FRA. There is one exception to this: if the surviving spouse was already receiving only a spousal benefit from the deceased (and not their own SS retirement benefit), the survivor benefit will be automatically awarded regardless of the survivor's age.

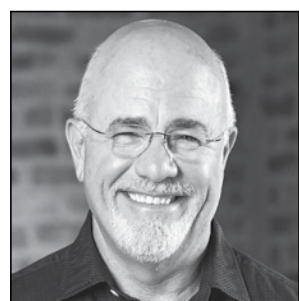
- If the surviving spouse hasn't yet claimed their own SS retirement benefit, they have the option to claim only their survivor benefit first and permit

their personal SS retirement benefit to grow (up to age 70). That would be prudent if the survivor's own SS retirement benefit at age 70 will be higher than their maximum survivor benefit at their full retirement age.

- If you haven't yet reached your full retirement age and are still working, Social Security has an earnings test which limits how much you can earn before some benefits are taken away. The limit for 2023 is \$21,240 and if that is exceeded, they will take away benefits equal to \$1 for every \$2 you are over the limit. The earnings test goes away when you reach your FRA.

So, as you can see, there are several things to consider as you decide when to claim your Social Security benefits as a widow or widower. I hope the above information helps you make an informed choice.

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I Wouldn't Do It That Way

Dear Dave,

I have an uncle who wants to gift some property to one of his sons, myself and my sister. The property is about two-and-a-half acres, and it's probably worth around \$125,000. My wife and I are trying to pay off debt in Baby Step 2 of your plan, and we're not sure how we feel about the situation. What do you think?

– Dave

Dear Dave,

If your uncle asked me

Dave Ramsey Says

if he should do this, my answer would be no. The thing is, you've got three different sets of people with different lives and very different situations. Not only that, but these three potential co-owners probably have differing ideas about the land and what should or shouldn't be done with it. To me, the whole thing sounds like a big family fight just waiting to happen.

If I were in his shoes, I'd just sell the property and split the money equally between the three of you. It'd be a lot easier that way, and you'd avoid the chance of hard feelings between you and your relatives down the road. Don't get me wrong, your uncle sounds like a kind and generous man. He's trying to

be a blessing to all three of you, but it has a very real possibility of causing unintended problems he may not see coming.

That's the way I'd handle it, Dave. A couple of acres of dirt split between three people isn't worth all the squabbles and bad feelings it could cause.

– Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★

Bera Announces \$11.7 Million in Federal Funding for Sacramento Airport



From the Office of Rep Ami Bera, MD

SACRAMENTO, CA (MPG) - On February 27, 2023, U.S. Representative Ami Bera, M.D. (D-CA) announced that he helped secure \$11.7 million in federal funding for the Concourse B expansion project at Sacramento International Airport (SMF). The federal grant,

made possible through the Bipartisan Infrastructure Law which Bera championed and voted for in November 2021, will support the design and construction of a new pedestrian walkway connecting SMF's Concourse B to Terminal B, increasing capacity for passengers and enhancing accessibility for travelers.

"I am proud to secure these crucial funds for Sacramento International Airport," said Representative Ami Bera, who represents California's 6th Congressional district, which includes SMF. "This federal grant will help modernize SMF, helping flyers get to their destinations safely and more efficiently. I'll

continue to work with my colleagues in Congress to ensure the Sacramento region receives funding support from the historic Bipartisan Infrastructure Law."

Despite the United States leading in the development of modern aviation, our airport infrastructure remains far behind other countries. According to some rankings, zero U.S. airports are ranked in the top 25 of airports worldwide. The Bera-championed Bipartisan Infrastructure Law invests \$25 billion into American airports to reduce congestion, strengthen our supply chains, and help Americans travel more quickly and at lower costs. ★

Kings Partner with Learn Fresh and NBC Sports for Black History Month

Sacramento Kings Communications News

SACRAMENTO REGION, CA (MPG) - On February 8th, the Sacramento Kings partnered with Learn Fresh and NBC Sports to host a Black History Month Career Panel and NBA Math Hoops Live at Golden 1 Center.

During the event, local students competed against one another in an on-court version of NBA Math Hoops. Youth also took part in a career panel featuring Kings

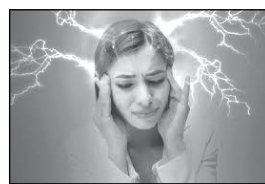
and NBC Sports team members discussing their journey to and in the sports industry and advice for those looking to follow in their footsteps. The conversation was moderated by Stockton Kings Emcee Tony Gladney and included Kings Social Media Manager Jonathan Bradley, Kings Social Responsibility Manager Veronne Clark, Kings Youth Basketball and Community Engagement Manager Justin Williams and NBC Sports Bay Area and California Production Manager Cascene Gibson. ★

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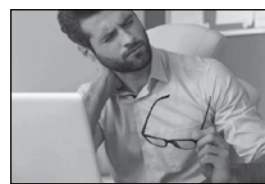
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County Earns State Prohousing Designation

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - The California Department of Housing and Community Development (HCD) announced on Friday, February 3, 2023, that Sacramento County has earned the state's Prohousing Designation. Sacramento County, along with Placer County and the City of El Cerrito, joins seven other jurisdictions recognized for a commitment to policies that increase housing supply such as accelerating production, promoting equitable and sustainable zoning and land use, reducing development costs and providing financial subsidies. Sacramento County is also now eligible for the Prohousing Incentive Pilot (PIP) Program that rewards Prohousing communities for such commitments.

To earn the Prohousing Designation, cities and counties must demonstrate they are promoting climate-smart housing in a variety of ways, including but not limited to streamlining multifamily housing development, up-zoning in places near jobs and transit to reduce emissions, and creating more affordable homes in places that historically or currently exclude households earning lower incomes and households of color.

Sacramento County's application highlights include the modification of development standards and other applicable zoning provisions to promote greater development intensity. In addition, the county



Sacramento County is now eligible for the Prohousing Incentive Pilot (PIP) Program which rewards Prohousing communities for increasing the housing supply. Photo courtesy of Sac County

provides impact fee reductions for residential development and permits "missing middle" housing in typically lower-density, single-family residential zones. Lastly, the county uses holistic planning strategies in an effort to reduce vehicle miles traveled and greenhouse gas emissions.

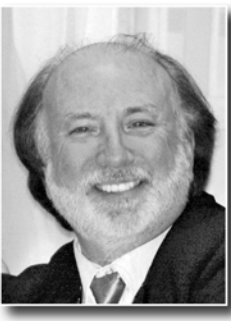
"The Planning and Environmental Review Division has been hard at work updating its Zoning Code to allow for streamlined residential development," said Troy Givans, Sacramento County Community Development Director. "These updates have allowed for an expedited permitting process, which we believe will accelerate housing development in the unincorporated County."

"The County offers a one-stop shop for fee deferral/waivers for County of Sacramento, Sacramento Area Sewer District, Sacramento Regional County Sanitation District, and Sacramento County Water Agency impact fees on regulated affordable residential projects to allow for streamlined fee deferral/waiver process. In addition, the County's participation in Statewide Community Infrastructure

Program (SCIP) provides additional financing tools to ease development impact fees for public infrastructure needed for residential projects."

The State of California budget for the fiscal year 2019-20 established the Prohousing Designation Program as part of a spectrum of support, incentive and accountability measures to help meet California's housing goals. Increasing the availability of housing statewide is critical to bettering the quality of life of all Californians and to ending homelessness. Communities that earn the Prohousing Designation receive incentives in the form of additional points and/or other preferences in the scoring of competitive housing, community development and infrastructure funding programs administered by HCD.

Prohousing jurisdictions are also eligible for community development resources through the new PIP Program. The competitive program has \$25.7 million in additional flexible funding available to help accelerate housing production and expand the preservation of affordable housing. ★



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By MPG Staff

SACRAMENTO REGION, CA (MPG) - As the saying goes, "What's that got to do with the price of eggs?" Where art is involved, some eggs become almost "priceless".

It has been a few years, thanks to the chaos of Covid, since the Egg Show and Sale has been able to bring this wonderful art form to the region. This year will be its 31st show and sale.

The City of West Sacramento's Community Center will be the site for the phenomenal show this year.

Diana Macias, Show Director said in her release to the press "We are 'eggcited' to bring our free art exhibit to West Sacramento and offer the community the opportunity to see firsthand artwork created from real eggshells by artists traveling from all over the United States, teaching classes, displaying and selling art and the supplies to create our form of art."

Over the years we have worked with you on several community publications to get the word out to as many communities as possible inviting everyone to come out to the show and learn about this spectacular art form.

Attendees will have the opportunity to learn more about the Shriners Hospital for Children. Shriners volunteers will be at the event and will be available to provide information regarding their organization.

Egg Artists donate artwork that will be raffled with all proceeds benefiting the Shriners Hospital for Children.

This year will also feature a "learning table" for those who would like to learn how to make an egg art project for a nominal fee, also with the proceeds benefitting the Shriners. ★



Pictured here are some examples of the fantastic artwork to be seen at this year's show. Photos courtesy Diana Macias at www.norcaleggshow.com

Important Event Info

Northern California Eggstravaganza Egg Show & Sale
West Sacramento Community Center
1075 West Capitol Avenue
West Sacramento CA. 95691

March 23-24, 2023. Seminars.

Pre-registration required:

go to www.norcaleggshow.com

Facebook: Northern California Eggstravaganza

March 25th 10:00 am to 4:00 pm

(Open to the Public - Free admission)

11:00 am to 1:00 pm Learning Table Projects (Nominal Fee)

March 26th 10:00 am to 2:00 pm (Open to the Public)

11:00 am to 1:00 pm Learning Table Projects (Nominal Fee)

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Nottoli Place Shelter Opening for Older Adults



To be eligible for Nottoli Place, Sacramento County individuals of +60 years of age must be involved with Adult Protective Services. Photo courtesy of SacCounty

SacCounty News Release

ROSEMONT, CA (MPG)

A new 15-bed facility for adults aged 60+ will be opening soon in Sacramento County. Nottoli Place, named after retired Sacramento County District 5 Supervisor Don Nottoli, will house older adults who are eligible for Sacramento County's Adult Protective Services (APS) and experiencing homelessness or housing instability.

"It's a high compliment and a true honor to have a safe harbor such as this bear my name," said Nottoli at the soft opening for the facility.

The shelter has 15 rooms. Some rooms will allow double occupancy for spouses or caretakers.

Several community members showed up for the soft opening of Nottoli Place on Thursday, February 23. During the ceremony, Sacramento County District 5 Supervisor Pat Hume highlighted how important it is for the county to have facilities like Nottoli Place.

"The reality is there are people who live good lives who have had bad things happen to them and it is important that society steps up to protect them. Through no fault of their own, whether they are victims of abuse or neglect or being taken advantage of, this is a place for them to come and feel restored, to alter their faith and their hope. And they can have a safe,



A 15-bed facility for adults aged 60+ was approved by the Sacramento County Board of Supervisors through the Adult Protective Services (APS) to support those experiencing homelessness or housing instability. Photo courtesy of SacCounty

healthy environment to get back on their feet," said Sacramento County District 5 Supervisor Pat Hume.

Sacramento County, like many other counties in California, has seen an increase in older adults facing housing insecurity and homelessness for the first time due to a destabilizing event or because they are the victims of abuse or neglect. Nottoli Place is meant to provide a safe space for older adults until they are able to find more permanent housing.

"By adding this place that will be a place of comfort and warmth and welcoming we'll be able to address some of that need in our community and for that, I am very thankful," added Nottoli.

To be eligible for Nottoli Place, adults must be involved with Adult Protective Services and be able to live independently or have a care provider to assist them. Applicants

must live in Sacramento County.

On-site services will be provided by Volunteers of America, including 24-hour staffing and availability 24 hours per day/seven days a week, daily meals, and laundry services.

Additionally, case management services will be provided with linkages to resources, including longer-term housing. There are rules people must abide by when staying at Nottoli Place. No alcohol or illegal drugs are allowed. Weapons are also forbidden. There is also a pet policy. One animal is allowed per guest. The pet must be vaccinated, and vaccination records are needed upon registration.

For questions about APS eligibility or to report abuse or neglect, call the APS hotline at (916) 874-9377. To learn more about Sacramento County APS, visit dcfas.saccounty.gov/Pages/Home.aspx. ★



Homey Spaces

Are you happy with your living spaces? What if you could be comfy and bring your joy too? You can. Stacy Garcia shared five tips to get there adding warmth and personality, whether it's a new space or just some changes, when she was on my Radio Show POPPOFF. She is an internationally renowned designer working on the most luxurious hotels and resorts. So let's check out those tips.

1. THERE ARE NO RULES. Don't get stuck worrying about the "right" way to set up your home. Pick a style or aesthetic that appeals to you, or mix and match any elements you love. Please yourself and make sure it reflects the way you live. If you spend a lot of time cooking and love bright colors, use tons of color in your kitchen so you feel happy and harmonized. Plaids, stripes, chevron, herringbone – use whatever makes you feel good and work around those choices to create spaces that shine.

2. CREATE ROOMS THAT ARE FUNCTIONAL. Just because your house has a formal sitting room or a wood-paneled office doesn't mean you need to use it for those purposes. Think about the things you like to do. Create a yoga room, crafting space, gaming room, reading library, garden room etc. There's no wrong way to translate your personal interests and design tastes into an interior vibe that feels and functions like your own unique home.

3. EDIT YOUR BELONGINGS. It's easy to get lost in "stuff." When trying to make your house feel homey, it's

important to edit and curate your things with a critical eye. You may want to display joyful keepsakes from relatives or souvenirs you purchased on a favorite trip, but items from your past just take up space. Choose only the items that make you happy or are useful in some way and then donate the rest or have a tag sale.

4. DESIGN WITH A SENSE OF PEACE. To make a house feel truly homey, it's crucial to have a welcoming and peaceful atmosphere. You can always bring peaceful design elements to your home – peaceful doesn't have to mean neutral everything. Bringing the outdoors in with plants and fresh flowers is a great way to foster a calm and natural feeling and also include beautiful colors in your home. Lighting is also important to consider: ensuring abundant light in your home has a positive impact on emotions and goes a long way to create a peaceful and unique vibe. Using fabrics and textures that are comforting and cozy is another way to boost hominess.

5. BE PLAYFUL. It's fun to have fun and your home should give off a sense of spirit and joy. With so many serious issues in the world, it's important for your home to be a playful place where you can feel relief from the heaviness of the daily grind. Use your interior spaces as canvases for fun colors, patterns, texture, and artwork that will make you and your guests smile.

Smile with Stacy at www.shopstacygarcia.com and begin your happy home design journey. ★

United Way Announces 100th Anniversary Goal

Continued from page 1

with resources to address increased poverty and deep roots of racial inequality.

"We know a quality education helps children develop social, emotional and cognitive skills that lay the foundation for a more fulfilling and stable life," Early said. "Research shows that students who are not proficient in reading by the end of third grade falter in later grades and often drop out before earning a high school diploma."

To make a donation to the 100th anniversary campaign or to learn more about United Way's programs and services, visit: YourLocalUnitedWay.org. For 100 years, United Way California Capital Region has been working to end poverty by creating stronger, healthier, more compassionate communities.

Since 1923, the local United Way has raised more than \$500 million to fight poverty in the region and help families succeed.

United Way's milestone year will culminate on April 29 with its 100th Anniversary Gala at the Sacramento Memorial Auditorium. The fundraiser will honor the local United Way's past, recognize present impact, and look forward to building a future where everyone in the region has the opportunities and resources to thrive. The event will include silent and live auctions, dinner and a keynote presentation by San Francisco 49er Arik Armstead who also cofounded the Armstead Academic Project that supports students in Sacramento and the Bay Area. For tickets, visit YourLocalUnitedWay.org. ★

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EUROPEAN GROCERY

REG. \$10.99 \$10.99 ea Best Tea Pure Ceylon Tea Blend 520 gr	REG. \$2.49 \$2.49 ea L'Oréal Paris Hair Color 20 T/B	REG. \$2.79 \$2.79 ea Guarano Brulias Natural Flavor 2 liter	REG. \$2.99 \$2.99 ea Borden's Alou Tuna Fish 2 kinds 170 gr	REG. \$3.99 \$3.99 ea Q'S AB Assorted 500 gr
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WEEKLY MEAT SPECIALS

USDA CHOICE Beef London Broil & Top Round Roast Papas Para Hornear Roast sin Hueso \$3.99 /lb	BONUS BUY Beef T-Bone Steak Filet Chuletón de Ternera \$5.49 /lb	GREAT VALUE Beef Porterhouse Steak Filet Bisteque de Ternera \$5.99 /lb
GEORGES 40 lb Case Chicken Leg Quarters Piernas y Muslo de Pollo \$2.99 /lb	ibp Pork Spare Ribs (Single Pack) Carnitas de Cerdo \$1.99 /lb	Smithfield Country Style Pork Loin Ribs - Bnls Cassitas de Lomo de Cerdo al Estilo Campesino \$2.29 /lb
ibp Pork Butt - Bone In Trozo de Puerco con Hueso \$1.59 /lb	<p>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 MARCH 08 - MARCH 14, 2023.</p>	

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REG. \$2.99 \$2.99 ea Korean Gula Rice 4 kg	REG. \$2.99 \$2.99 ea Korean Beef Gummy Drink 60 x 2.52 oz	REG. \$1.59 \$1.59 ea Soybean Paste 0.75 lb	REG. \$9.99 \$9.99 ea Instant Coffee 2 kinds 100 x 0.1 g	REG. \$9.99 \$9.99 ea Doritos Soy Salt 2.6 kg	REG. \$10.99 \$10.99 ea Red Pepper Powder 2.2 lbs
REG. \$2.99 \$2.99 ea Tuna with Dressing Sauce 3.3 Lbs	REG. \$7.99 \$7.99 ea Low Cooking Wine 66.2 oz	REG. \$2.99 \$2.99 ea Cherry Cheesecake 12 x 20 g	REG. \$2.49 \$2.49 ea Red Bean Paste 2 kinds 475 g	REG. \$7.99 \$7.99 ea Shiitake Hot Sauce 15 liters	REG. \$2.99 \$2.99 ea Pork Malt Pork 2 kinds 4.13 oz

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ELECTRIC RICE COOKER REG. \$39.99 \$39.99 ea	ELECTRIC RICE COOKER REG. \$45.99 \$45.99 ea
ELECTRIC RICE COOKER REG. \$49.99 \$49.99 ea	

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<h3>FRISKIES BUFFET CANNED CAT FOOD</h3> <p>5.5 Oz All Varieties ON SALE Everyday Effective 3/8/23 - 3/14/23</p>	<h3>FUSSIE CAT PREMIUM CANNED CAT FOOD</h3> <p>2.8 Oz. •Black Label •Gold Label ON SALE Effective 3/8/23 - 3/14/23</p>	<h3>TIDY CATS SCOOPABLE CAT LITTER</h3> <p>20 Lb Jug •Regular •Unscented ON SALE Effective 3/8/23 - 3/14/23</p>	<h3>HI-COUNTRY WILD BIRD SEED</h3> <p>20 Lb Bag (Kaytee, 20 Lbs - \$10.99) (Audubon Friends, 20 Lbs - \$9.99) \$9.99 Limit 2 Bags Per Family Effective 3/8/23 - 3/14/23</p>

<h3>WELLNESS CANNED CAT FOOD</h3> <p>•Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Can Limit 1 Case 15% OFF OUR REGULAR PRICES</p>	<h3>EVERCLEAN PREMIUM CAT LITTER</h3> <p>•ES Unscented •US Ever Fresh 25 Lb. Box Limit 2 Boxes \$15.99</p>	<h3>WELLNESS CANNED DOG FOOD</h3> <p>Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases 15% OFF OUR REGULAR PRICES</p>	<h3>FRESH STEP CAT LITTER</h3> <p>21 Lb Bag (14 Lb Bag - \$5.49) \$7.49</p>
<h3>PESTELL CLUMPING CAT LITTER</h3> <p>40 Lb. Bag Limit 2 Bags \$10.99</p>	<h3>ORJEN Entree In Bone Broth ACANA Premium Pate</h3> <p>3 Oz Can Limit 1 Case 40% OFF OUR REGULAR PRICES</p>	<h3>KAL KAN CESAR DOG FOOD</h3> <p>All Varieties 3.5 Oz Limit 1 Case \$1.29</p>	<h3>MILK-BONE DOG BISCUITS</h3> <p>•Large 10 Lb Box \$13.99</p>
<h3>CANIDAE ACTIVE GOODNESS DRY DOG FOOD</h3> <p>30 Protein/20 Fat •Multi-protein •Salmon Meal 30 Lb Bag NEW \$39.99</p>	<h3>PRO-PLAN CANNED DOG FOOD</h3> <p>13 Oz Cans Limit 1 Case Reg Price \$1.99 \$1.99 Reg. Price \$2.19</p>	<h3>CHICKEN SOUP FOR THE SOUL CANNED FOOD SALE</h3> <p>Dog Food 13 Oz (Reg & Grain Free) Cat Food 5.5 Oz Selected Varieties 10% OFF OUR REGULAR PRICES!</p>	<h3>ÖKOCAT CLUMPING CAT LITTER</h3> <p>•Regular 11-12 Lb \$13.99 •Soft Step 16.7 Lb \$19.99 19.8 Lb \$19.99 Dust Free 12.3 Lb \$19.99</p>

<h3>ADVANTAGE FLEA CONTROL & TREATMENT</h3> <p>Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with another offer. \$3 OFF OUR REGULAR LOW PRICES</p>	<h3>MARINELAND POWER FILTER SALE</h3> <table border="1"> <tr> <th>MODEL</th> <th>TANK SIZE</th> <th>PET CLUB SALE</th> </tr> <tr> <td>PENGUIN 100B</td> <td>20 Gal.</td> <td>\$24.99</td> </tr> <tr> <td>PENGUIN 150B</td> <td>30 Gal.</td> <td>\$33.99</td> </tr> <tr> <td>PENGUIN 200B</td> <td>50 Gal.</td> <td>\$40.99</td> </tr> <tr> <td>PENGUIN 350B</td> <td>75 Gal.</td> <td>\$55.99</td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	PENGUIN 100B	20 Gal.	\$24.99	PENGUIN 150B	30 Gal.	\$33.99	PENGUIN 200B	50 Gal.	\$40.99	PENGUIN 350B	75 Gal.	\$55.99
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PENGUIN 350B	75 Gal.	\$55.99														
<h3>SMART BONES HEALTHY ALTERNATIVE TO RAWHIDE</h3> <p>Made with Real •Chicken •Peanut Butter •Sweet Potato 20% OFF OUR SUPER LOW PRICES</p>	<h3>KONG PRODUCTS</h3> <p>•Classic •Cat Toys •Dental Chews •Puppy Chews •Air Dog •Wubba •Soft Toys •Asst Toys Cats & Dogs 20% OFF OUR SUPER LOW PRICES</p>															
<h3>OX-BOW SMALL ANIMAL PRODUCTS</h3> <p>•Bedding •Food •Treats All Varieties 20% OFF OUR SUPER LOW PRICES</p>	<h3>PET AG ESILAC</h3> <p>Puppy Milk Replacer Weaning Food KMR Kitten Milk Replacer Weaning Food 20% OFF OUR SUPER LOW PRICES</p>															

<p>BONUS COUPON</p> <h3>FANCY FEAST GOURMET CANNED CAT FOOD</h3> <p>3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/8/23 - 3/14/23 ON SALE Everyday CHM PLU 361</p>	<p>BONUS COUPON</p> <h3>JONNY CAT PREMIUM CAT LITTER</h3> <p>10 Lb Bag Limit 2 Bags Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/8/23 - 3/14/23 \$2.79 CHM PLU 365</p>	<p>BONUS COUPON</p> <h3>WHISKAS TEMPTATIONS CAT TREATS</h3> <p>•All Varieties 3 Oz. Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/8/23 - 3/14/23 \$2.19 CHM PLU 569</p>
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