



## Button Show Coming March 9

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First 5 Sac Recognized  
PAGE 2 for 20 Years of Service

# Gold River Messenger

"Written by the people, for the people"

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MARCH 2019

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## In Harmony With Nature

### Soil Born Farms Promotes Healthy Living



Visitors can watch draft horse demonstrations at Soil Born Farms' Day on the Farm in May. Photo By John Swain, Soil Born Farms

Story by Shaunna Boyd

#### SACRAMENTO REGION, CA (MPG) -

Rancho Cordova, CA (MPG) - Soil Born Farms started as a small one-acre urban farm in Sacramento in 2000. Almost 20 years later, the non-profit farm is producing local organic food along the American River Parkway on the historic 55-acre American River Ranch, located at 2140 Chase Drive in Rancho Cordova. The mission of Soil Born Farms is to empower people to participate in the local food system while connecting to the environment and creating deeper roots in the community.



Soil Born Farms offers nutrient-rich organically grown produce fresh from the field. Photo By Joan Cusick, Soil Born Farms

Terese Hollander Esperas, Soil Born Farms project manager, explained that the urban agriculture and education project strives to promote healthy living and engage the community to "get back to the roots" through a variety of programs, classes, workshops, and events.

Some of Soil Born Farms' upcoming classes include Winter One-Pot Meals, The Wonders of Fungi and Mushrooms, Cooking with Citrus, Growing Medicinal and Culinary Herbs, Raising Backyard Chickens, and Intermediate Urban Backyard

Continued on page 3

## Sac Area Beer Guild to Launch Craft Brewers Cup



By Thomas Todd,  
Executive  
Administrator

SACRAMENTO, CA (MPG) - The Sacramento Area Brewers Guild has announced it will be organizing the debut of the California Craft Brewers Cup in the fall of this year, in a partnership with the California Craft Brewers Association and five California-based Brewers Guilds.

Based on a projected 2,000 entries, the CCBC will be the third-largest craft beer competition in the world, and will highlight the best beer from independently owned and operated craft breweries in California. The judging will take place in August, with awards given out at the Annual California Craft Beer Summit in Long Beach on September 12th.

"The California Craft Brewers Association is thrilled to be involved in the first competition of this kind - hosted by the entire craft brewing industry to celebrate the innovation and creativity of the beer culture that was born here in the Golden State," said Tom McCormick, executive director of the CCBA. "Hosting the California Brewers Cup ceremony at the annual and statewide gathering of the craft brewing family, the California Craft Beer Summit, adds a wonderful community element to this event. The Summit also gives beer lovers a chance to taste award winning beers from the competition at the Summit Beer Festival."

With over a decade of competition management under its belt, the Sacramento Area Brewers Guild is collaborating with four other Craft Beer Guilds in California - Bay Area, Los Angeles, Orange County, San Diego - to field entries. Awards will be given out in over 60 categories, all of which will be evaluated by a field of 140 judges. The California Craft Beer Summit is an annual event that provides two full days of education, networking and exposure for brewers, retailers, distributors, craft beer lovers, and homebrewers. ★

## Sutter Health Opens Latest Walk-In Healthcare Clinic

By Liz Madison,  
Sutter Health

#### RANCHO CORDOVA, CA (MPG)

- Sutter Health has opened the newest Walk-In Care clinic today in Rancho Cordova, a service of the Sutter Medical Foundation, at 4040 Sunrise Blvd, in the Sunridge Plaza near the Anatolia Center.

Sutter's Walk-In Care clinics offer a quick, convenient care option for everyday illnesses and health needs in a stand-alone storefront that is easily accessible. The Rancho Cordova clinic is Sutter Health's sixth Valley area location. Other clinics are located in Citrus Heights, El Dorado Hills, Elk Grove and Roseville (4010 Foothills Blvd. and 781 Pleasant Grove Blvd.).

"These locations offer easy access to treatment for a whole host of needs, whether it's treating the flu



The new center in Rancho Cordova offers same-day, convenient care for non-urgent issues.

or an ear infection or wellness services like sports or pre-employment physicals," said Kelly Foss, Sutter Walk-In Care regional manager. "We hope that by providing

more convenient access to care, in places where many people are already running their errands, patients won't put off getting the care they need to stay healthy."

Sutter is committed to

creating numerous access points to care. For the past several years, Sutter has explored new ways to meet consumers where they are for their care

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# First 5 Sac Recognized Button Show Coming March 9



By Kim Nava, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - At its Feb. 5 meeting, the Sacramento County Board of Supervisors recognized the First 5 Sacramento Children and Families Commission on its 20th anniversary.

First 5 Sacramento was established by the Board of Supervisors in 1999 as the result of the "California and

Families Act of 1998." Since its inception, First 5 Sacramento has recognized that 90 percent of a child's brain is developed by the age five and is committed to the vision that Sacramento County will have strong communities where children are safe, healthy and reach their full potential.

Over the past 20 years, First 5 Sacramento has been at the forefront of providing early childhood services,

advocating for policy change and supporting the capacity of providers.

By partnering with community leaders, First 5 Sacramento supports a county-wide prevention and early intervention system that is culturally competent, promotes optimal health and development, narrows disparities and improves the lives of children and their families.

First 5 Sacramento has invested over \$318 million to serve nearly one million children, families and providers in Sacramento County.

Source: Sacramento County Media ★



Faye Wolfe (left) and Susan Rhoades display some of thousands of antique and retro buttons that will be exhibited at the California Button Society's March 9 show.

By Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Some eye-popping antiques slip easily through a buttonhole. At the California Button Society's March 9 expo, you might snag a Civil War tunic fastener for \$50. If you lust for hand-painted 18th century pieces, be prepared to unbutton your billfold.

What astonishes at such bazaars is the availability of seriously old stuff. Snipped from long-ago rotted garments, many are thumb-nail masterpieces. "We often look at old buttons and imagine the stories they could tell,"

says Button Club treasurer Susan Rhoades. "They were traded, stolen and inherited. Lives were lost in making them; pearl dust and mercury (for gold plating) killed many. "You learn so much about history, art and manufacturing from buttons."

In the Middle Ages, no material was too grand for the button makers' art. Georgian aristocrats later bespoke Gainsborough-style portraits – sometimes of their pets – to fasten vests. When Queen Victoria took to wearing jet specimens, society followed. Though zippers have revolutionized modern fastening, nifty little buttons

have never been completely undone. "People visit our shows seeking that one perfect item," says Sacramento collector Faye Wolfe. "One lady brought a vest she'd sewn; she wanted buttons for it. In the end, she chose four, each different. Who says they have to match? Our button world is full of eccentricity."

The Button Bazaar runs from 10 a.m. to 5 p.m. on Saturday, March 9, at the La Sierra Center, 5325 Engle Rd, Carmichael. The show offers a free service for valuing buttons. Admission is by \$2 donation. For information, contact fwolfe@surewest.net. ★

## FBI Teen Academy Provides High School Juniors Unique Opportunity

FBI Sacramento Office of Public Affairs

**SACRAMENTO, CA (MPG)** - Are you a high school junior who wonders if TV shows featuring the Federal Bureau of Investigation (FBI) are realistic, what the FBI really does day-to-day, and what it really takes to work for the FBI? If you are a teen currently attending school within the area the FBI's Sacramento field office serves, you can apply to attend the Spring 2019 FBI Teen Academy to find out. The application is available for download online on the FBI Sacramento Field Office's Community Outreach page.

The FBI Sacramento Field Office will host its Spring 2019 FBI Teen Academy at its headquarters in Roseville on Friday, April 12, 2019. All high school juniors—whether enrolled in public, private,

charter, or home school—may apply by downloading the application located on the FBI Sacramento Field Office's Community Outreach web page. When complete, the application package includes three mandatory elements: application, essay, and release forms. All applications must arrive at the FBI Sacramento Field Office by 4 p.m. on Monday, March 11, 2019. Email and electronic submissions are not accepted.

Students chosen for the class spend an informative, interactive day at FBI Sacramento Field office headquarters in Roseville. The class learns about the FBI's investigative priorities, participates in unique, interactive experiences, and engages directly with FBI personnel. After completing the class, students are familiar with the FBI's mission and what personal and academic choices

one may make to be eligible to become a member of the FBI workforce. Students are also more aware of the threats their communities face, they fully understand the challenges of the online environment, and they are better prepared to mentor their peers

The FBI Sacramento Field Office serves 34 California Counties: Alpine, Amador, Butte, Calaveras, Colusa, El Dorado, Fresno, Glenn, Inyo, Kern, Kings, Lassen, Madera, Mariposa, Merced, Modoc, Mono, Nevada, Placer, Plumas, Sacramento, San Joaquin, Shasta, Sierra, Siskiyou, Solano, Stanislaus, Sutter, Tehama, Tulare, Tuolumne, Trinity, Yolo, and Yuba.

The FBI Teen Academy is a no-cost experience for students; however, families may incur personal expenses for any travel necessary to attend the class. ★

## U.S. Department of Transportation Announces Cancellation of Grant Funds to CA High-Speed Rail Project

**WASHINGTON** - The U.S. Department of Transportation announced today that the Federal Railroad Administration (FRA) intends to cancel \$929 million in Federal grant funds yet to be paid for the California High-Speed

Rail project envisioned to connect the L.A. Basin to the San Francisco Bay Area. In addition, the Department announced it is actively exploring every legal option to seek the return from California of \$2.5 billion in Federal funds

FRA previously granted for this now-defunct project. FRA Administrator Ronald L. Batory notified the California HSR Authority (CHSRA) of this action in a letter today, February 19, 2019.

Source: USDOT ★



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The Next 100 people in line at 11:00am will get one(1) free McCafe a month for a YEAR!





# In Harmony With Nature

## Soil Born Farms Promotes Healthy Living

Continued from Page 1

Beekeeping. They also offer Bird Walks and a Spring Gardening Clinic. You can even attend a free Composting Workshop and a free Make Your Own Solar Cooker class. (For the dates and prices of classes, visit [www. SoilBorn.org](http://www.SoilBorn.org).)

Starting last month, Pop-Up Farmstand events give visitors the opportunity to purchase produce while enjoying tastings, live music, kids' activities, and beverages and baked goods available for purchase. The Farmstand also features Millie's Mercantile & Greenhouse Garden Gift Shop. Upcoming Pop-Up Farmstands will be held on March 9 and March 23.

Starting on April 6, the farm will begin hosting Saturday at the Farm, a weekly event featuring the American River Ranch Farmstand, open Saturdays through December 14.



Soil Born conducts seasonal cooking demonstrations at the American River Ranch Farmstand, open Saturdays from April through mid-December. Hours are 9:00 AM to 1:00 PM from April through mid-May, and 8:00 AM to 12:30 PM from mid-May to mid-December. Photo By Joan Cusick, Soil Born Farms



Each year almost 3,000 students visit Soil Born Farms on field trips. Students tour the farm and explore the Youth Garden. Photo By Guy Galante, Soil Born Farms



Soil Born Farms' Day on the Farm is a wonderful opportunity for local families to experience all the farm has to offer. More than a thousand people attend the festival each year in May. Photo By John Swain, Soil Born Farms

Visitors can meet the farmers who grow the food and enjoy the beautiful rural setting of the American River Ranch while listening to live music and purchasing produce fresh from the field. Magpie Café offers fair-trade coffee and pastries, and other hand-crafted items are also available for purchase.

Soil Born Farms' biggest event is the Day on the Farm, a festival ★

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By County Supervisor Sue Frost

**GOLD RIVER COMMUNITY UPDATE**

**From Theory to Reality: Getting Homeless into Jobs**

Through the generosity of the Gold River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

Exactly a year ago, I wrote an article in the Gold River Messenger outlining why I thought Sacramento County was in need of a work program for people who are homeless. Since then, I worked to help craft a plan that would not only employ people who are homeless, but also work to beautify Sacramento County at the same time. I am thrilled to announce to you that the plan was formally adopted at the end of January, and will begin to be implemented in March. I want to take this opportunity to explain the program to you, and share with you why I believe it will work.

Ten homeless people will be identified who are both willing to work and get clean. They will meet four days a week at a central location, and then be driven to the American River Parkway to get paid minimum wage to do cleanup work. The American River Parkway has been completely trashed in many sections due chiefly homeless encampments and negligent teenagers, so this work is much needed.

In the afternoon, they will then be driven

downtown to go through a job training program. This job program is aimed to get them various certifications in the construction industry. With the surge in construction in this region, there is a lack of construction workers, and this is the perfect field for them to get entry level work in.

After ten weeks of working and going through the classes, they will have graduated out, and a new group of ten will start the program. After leaving the program they will then get help in finding employment by getting introduced to employers, receiving job interview training, getting help creating a resume, and getting help obtaining job-appropriate clothing. This is also coupled with trying to find them a permanent housing solution.

I take great issue with new government programs that are started and turn out to be ineffective, yet get funded for eternity. With that in mind, this will be a trial program that will last for 40 weeks. After those 40 weeks, we will evaluate the program to see if it's working, whether changes need to be made, or whether we need to end the program entirely.

To get this job done, the County (with major help from Sacramento Regional Sanitation District) decided to contract with PRIDE industries, a nonprofit headquartered in Roseville. Their primary mission is to help people who have disabilities overcome employment obstacles, and empower them to lead productive, independent lives

as contributing members of our community. It seemed to me to be a perfect fit to have them work with people who are homeless, as many of their challenges are similar to people who have disabilities, such as regaining a sense of self-worth and finding reliable transportation.

I'm excited about this program because I believe finding jobs for people who are homeless is an important piece to this overall problem that we are not looking close enough at. I like the idea of giving them training in a field that sorely needs jobs, and I like the idea of teaching them what it is like again to feel accomplished by earning a paycheck by putting in a hard day's work.

I know this is a drop in the bucket in terms of solving this overall problem, but I am hopeful that we might be onto something really great here, that over time and careful development we can end up putting to work far more than just 40 people.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Marieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks and Rancho Cordova. ★

**Meet Bella of Gold River**



By Kay Burton



Bella lives with two small dogs. They all sleep together, play together and truly enjoy each other's company.

Bella came from the fields of Gold River. She arrived at our front door in the arms of Jim Ballard, who has been feeding and caring for the feral cats in the Gold River close to 20 years. She was an adorable kitten when she arrived at our home, and now soon to be 6 years later, she is still adorable.

Bella lives with two small dogs. They all sleep together, play together and truly enjoy each other's company. None of these pets are allowed outdoors after dark. The home they live in has two doggie doors

that are kept open during the day only. There is always the possibility of a varmint in the backyard during the night.

Whisker Warriors of Gold River and Rancho Cordova have been extremely helpful in spraying/neutering 100 more of community cats.

Sunday is Feral Clinic at the SPCA. Their mission is dedicated to reducing animal over population, specifically through spray/neuter and

education. Kay Burton is a long-time columnist and supporter of the SSPCA and other rescue groups.

To share your pet story with our readers email: KayBurton1@comcast.net.

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# Medicare for All Could Mean Pizza for None



**Commentary**  
by Sally C. Pipes

It sounds ridiculous. But look at what's happening in the United Kingdom, where the government runs the health system.

To combat the country's obesity epidemic, officials proposed limiting the number of calories permitted in thousands of foods. A single-serving pizza would be allowed a maximum of 928 calories. A savory pie, no more than 695.

Invasive measures like these might sound like the stuff of a totalitarian dystopia. But when the government foots the bill for our medical expenses, it has a financial incentive to micromanage our health. If Democrats succeed in establishing a single-payer system here, Uncle Sam could have a plausible case for dictating our diets, too.

British officials face a constant challenge -- how to keep a lid on medical spending when patients have no incentive to moderate their use of "free" healthcare services.

One way to reduce public healthcare spending is to change consumers' behaviors. Under

socialized medicine, what foods we eat, how much we exercise, how we commute, and virtually all other private decisions become matters of public concern.

In April, the government implemented a tax on high-sugar drinks. Officials are considering other intrusive measures -- like banning the sale of sweets at the checkout counter, nixing junk food advertisements on television, preventing people under 18 from buying energy drinks, and taxing milkshakes and sugary iced coffees.

This is likely just the start. As public health minister Steve Brine declared, the state is "willing to do whatever it takes to keep children healthy and well in this country."

Whatever it takes? Are mandatory daily exercise programs and cameras that monitor what people eat far off? Will people have to turn to the black market to get their french fry fix?

Here in the United States, Obamacare has already begun making demands of us in exchange for state-sponsored health insurance.

The law ordered insurers to help obese people lose weight. Most health plans must provide screening and counseling for obesity at no extra charge to patients.

In addition, Obamacare mandated that chain restaurants, grocery stores, movie theaters, amusement parks, and vending machines include calorie counts on their menu items. The thinking was

that this would encourage -- or embarrass -- people to cut their caloric intake.

The government spent a substantial amount of time and public money figuring out how to define terms like menu, menu board, restaurant food, and restaurant-type food. The rule was delayed multiple times over four years as officials tried to determine how to implement it without bankrupting businesses.

All that effort was likely wasted. According to a wealth of academic research, displaying calorie counts doesn't prompt people to change their diets.

Medicare for All's price tag would eclipse \$3 trillion a year. Even doubling the Treasury's tax take would be insufficient to cover that tab. So if Democrats take over the country's healthcare system by implementing Medicare for All -- with its outright ban on private coverage -- they'll have 3 trillion reasons to do all they can to curb health spending.

Great Britain has responded to this cost conundrum by trying to tell people what they can and can't eat. For the sake of our pizza -- and our privacy -- we mustn't bring socialized medicine here.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *The False Promise of Single-Payer Health Care* (Encounter 2018). Follow her on Twitter @sallypipes. ★



## Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

What Time is It?

If you didn't have any appointments on a particular day, could you spend the entire day not knowing what time it is? As human beings most people live their lives as slaves to time, but we SHEs (Sidetracked Home Executives) are blessed by being able to move through our days pretty much oblivious to it. That's because we have no concern for time when we're enjoying our ability to get in the zone and stay there until we're jolted out.

We're sort of like the beasts of our world. For them life has no time. A beard doesn't wake up with the sun and call it morning and she doesn't think about all she has to do and wonder if she'll have time to do it before the sun goes down. She just lives each day.

Humans are the only ones that watch the clock from morning until night, reducing their lives to mathematical fragments. Time itself is an invention of ours. Yet few feel, as they run in the rat race, they have time for anything to be really fulfilling.

Science has been teaching us that because we are self-aware, time is the concept by which we can define and gauge ourselves. Yet time doesn't actually exist. It's only a concept we made up to keep on the same page with each other. Animals don't have to use this fake concept to be on the same page with other animals, as they manage

that naturally. Ducks don't have flight schedules, but they do have flight plans directed by a mysterious source that is timeless.

But for many, life has gotten to the point where they are governed by this invented concept. Take the watch on your wrist, the clock on the wall, or the numbers on your cell phone; they're merely reporters of that made up concept.

Even by their own definitions, they are timeless. The clock itself is unmoving on the wall. The watch is unmoving, unless you move your arm around. The numbers on your cell phone are just numbers that have no destination. They are only set to measure the endless movement of the sun and our planet.

At work, most people are measured daily by how much time they put in, when the coffee break happens, how long they have for lunch; and finally the addictive clockwatching enables them to at last call it a day. Something is wrong with this. That role of time serves to limit us and make us anxious and worried.

On the other hand, we SHEs are more prone to focus our attention on the task we're on and we can get lost in it instead of considering how long it'll take. Measurement of time actually stunts people, if they are constantly trying to squeeze some feeling out of whatever minutes or hours they

perceive as theirs. The workplace (which could also be your home if that's where you work) can be a place of creativity where fulfillment on many levels is possible. If the task itself is dull, like vacuuming or making beds, we can figure out ways to make it fun so we can get it done and move on to something we really love doing.

In our society, most people tend to work according to the hours they put in, rather than the depth to which they experience pride or joy in what they're doing, or the degree to which they're having fun with the people in their workplace. It'd be good if our values included simple respect for work well done, engendering self-respect no matter what the job.

Be grateful you're a SHE. Losing track of something that isn't real, almost assures you of a very rich and interesting life. "Happiness is just a string of happy moments, but most people don't allow the happy moment because they're too busy trying to have a happy life." Abraham Hicks.

For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon ★



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**MPG**

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# Sutter Health Opens Latest Walk-In Healthcare Clinic

Continued from Page 1

needs. In addition to the Sutter Walk-in Care locations, other convenient options include Sutter urgent care centers or video visits, in addition to traditional office visits with a primary care doctor within Sutter's network of care.

"We want to reserve emergency departments for complex and life-threatening illnesses, rather than having people with minor medical problems going there because they have no other option," Foss said. "At the same time, allowing patients to receive non-urgent care and vaccinations quickly, near where they live or work, should help free up



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doctor-office visits for those with more serious issues."

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as severe cuts or broken bones, should visit an urgent care clinic, or their nearest hospital emergency department.

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By David Dickstein, Gold River resident

Since my inaugural "Fool's Gold" column in Volume 1, Issue 1 of the Gold River Messenger, I have been thanked, praised, blessed and high-fived, but also dissed, scolded, lectured and in one case, even threatened. At least for every one jeer, there are 12.6 cheers, not that I've kept track over the past six years.

Whether you agree or disagree with the opinions I share in this column, hearing from readers is the greatest motivator for continuing to write this column. So, to Marian F., Lonn M., Karen A., Guy A., Myron G., Dan L., Ash L., Frank P., Robert B., Lou M., Mike Z., Gail D., Andrea Z., Brian S., David B., Lee S., Kathleen W., Jeff S., Bob S., Donna T., Stan A. and so many others, I dedicate this column to you.

Getting right to the all-time most awkward reader response, it was at a bar mitzvah when an older gentleman felt that was the proper time to needle me for being too harsh on the nosiness of certain checkers at Bel Air. While I didn't think it was neither the time nor place for a verbal smack-down, I did appreciate his perspective and chutzpah. But c'mon, when buying flowers at Bel Air, do I really need to be asked what the occasion is, and whether they're for my wife?

Another boo-hiss was directed to me second hand by, no surprise, a checker at Bel Air. She said a customer that very day was talking about the column in which I suggested it might be time for the elderly couple who runs the shoe repair shop to hang up their loafers. Now explaining in greater detail, I wrote that after a third negative experience in a row – the last one being a return of a shoe they supposedly fixed. When my wife tried on the shoe with the repaired strap, it immediately broke off. That now made

## 'Fool's Gold' Readers Rule!

it three straight instances of declining workmanship. What really got me steamed was instead of an apology and free re-repair, they got defensive, accusatory and actually said they'd charge me. Even more preposterous, the price quoted was higher than the first time. That's when my niceness ended both in the store and in print. So, to the reader who thought I was a jerk for what I wrote in my column, I do regret suggesting that these long-time shop owners retire – that was wrong. But at least you now know the rest of the story.

A column pointing out the lack of hygiene by some members of the Gold River Sports Club earned a bacteria-free thumbs up from readers also disgusted by those who don't sanitize their machines after use. I mean, the disinfecting wipes are right there! A couple of club employees thanked me for publicly addressing the issue, even attributing an uptick in member rules compliance to my column.

I'm also humbled by the positive response to my column titled "The Gold River Hello," which held up a mirror to neighbors who behave, well, unneighborly when it comes to social graces. An example of a "Gold River hello," for those who didn't read that column, is a neighbor's fleeting wave from inside his (or her) car on your street. Without any attempt to slow down or roll down the window, the neighbor pulls into his garage, and before getting out of the car presses the clicker to close it, leaving you standing there like an idiot. After the column ran, at least a dozen people expressed their appreciation for my pointing out behavior that could be perceived by neighbors as rude. One of my own, an intellectual with a wonderful sense of humor, made me laugh when he whizzed past me on his bicycle, and looking straight ahead with no eye contact gave me a garbage wave while yelling, "There's your (bleeping) Gold River hello!"

A column that spawned

lots of reader feedback pointed out the many Rancho Cordova businesses that disguise themselves as "Gold River" as well as other establishments that dishonorably drop "Rancho" from their names – like the city's own high school, dual-city school district, and parks and recreation department. A "proud" Rancho Cordova business owner who moved from RC to Gold River nearly a score ago wrote, "For years we have been critical of Gold River for not giving Rancho Cordova credit, but as your article states, it's many of the businesses in Rancho that are choosing to use the Gold River name. Shame on them. Thank you for such a good, fair story."

Loyal readers know I'm both a champion and critic of the anchor of Gold River Town Centre. Since Bel Air is a favorite subject of mine, especially with the store being our unofficial community center, many readers offer their own two cents. A reader who went by the name of "Brown House Resident with Snooty Neighbors" remarked about the store's small size and its produce is "the worst." At least the reader should be happy now that the Bel Air's southern neighbor is gone. "Kick Hallmark out and expand!" the reader proposed 18 months ago.

What a perfect segue to my closing thought that references last month's column. In my journalistic condolence card to the terminally ill Hallmark Gold Crown Store, one of my suggestions for the now-vacant space was, as "Brown House" suggested, for Bel Air to knock out the wall and expand. To me, and I'm sure many readers, that concept is a no-brainer. But if that doesn't happen, then there's a reader's suggestion of a Starbucks. "That way there's one on each side of the center," he said. As a caffeine addict, I think that's a grande idea.

David Dickstein can be reached at [daviddickstein1@gmail.com](mailto:daviddickstein1@gmail.com) ★

## California DTFA Reports Cannabis Tax Revenues for Fourth Quarter of Last Year

By Casey Wells, Office of Public Affairs

**SACRAMENTO, CA (MPG)** - The California Department of Tax and Fee Administration (CDTFA) reported revenue numbers on February 19, 2019 for cannabis sales for the 4th quarter of 2018. Tax revenue reported by the cannabis industry totaled \$103.3 million for 4th quarter returns due by January 31, 2019, which includes state cultivation, excise, and sales taxes. It does not include tax revenue collected by each jurisdiction.

As of February 14, 2019, California's cannabis excise tax generated \$50.8 million in revenue reported

on 4thquarter returns due by January 31, 2019. The cultivation tax generated \$16.4 million and the sales tax generated \$36.1 million in reported revenue. Retail sales of medicinal cannabis and medicinal cannabis products are exempt from sales and use taxes if the purchaser provides a valid Medical Marijuana Identification card and valid government-issued identification card.

Previously reported revenue for 3rd quarter returns was revised to \$100.8 million, which included \$53.3 million in excise tax, \$12.6 million in cultivation tax, and \$34.9 million in sales tax.

Revisions to quarterly data are the result of

amended and late returns, and other tax return adjustments.

In November 2016, California voters approved Proposition 64, the Control, Regulate, and Tax Adult Use of Marijuana Act. Beginning on January 1, 2018, two new cannabis taxes went into effect: a cultivation tax on all harvested cannabis that enters the commercial market and a 15 percent excise tax upon purchasers of cannabis and cannabis products. In addition, retail sales of cannabis and cannabis products are subject to state and local sales tax.

To learn more, visit the Tax Guide for Cannabis Businesses on the CDTFA website. ★

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# CHEERS & JEERS

by **Damian Holbrook**

**Jeers to MTV**  
for giving two sons of a beach more real estate. *Jersey Shore* jokers Vinny Guadagnino (left) and Pauly DelVecchio are heading into the shallow end of the dating pool with a *Bachelor-ish* series that will pair them with 20 singletons who really should be aiming higher.

**Jeers to World's Best**  
for not even being close. We already have *America's Got Talent* and since NBC's superior series features international acts, we don't need another bloated "global" catch-all competition. Nor do we need a wall of 50 judges when panelists

RuPaul, Drew Barrymore and Faith Hill are there to over-hype—and over-score—some of the more meh contestants. It's Best to skip this on

**Cheers to Showtime**  
for reviving *The L Word*. A decade after the lesbian soap signed off, the cable network is bringing it back for an eight-episode sequel featuring original stars Jennifer Beals, Katherine Moennig and Leisha Hailey, along with a new batch of sexually diverse divas. And we think that's an L of a good idea.

**Cheers to The Magicians'**  
spellbinding women. Stella Maeve's trauma survivor Julia, Jade Taylor's brusque badass Kady,



Jersey Shore jokers Vinny Guadagnino (left) and Pauly DelVecchio are heading into the shallow end of the dating pool with a *Bachelor-ish* series.

Summer Bishil's High King goddess Margo and Olivia Taylor Dudley's gifted genius Alice—Season 4 of Syfy's hit has no shortage of beautifully flawed and fabulous female characters. If only more shows could learn this trick! ★

## ASK MATT

BY MATT ROUSH TV Guide Senior Critic

### Why Are Shows Having Shorter Seasons?

**Question:** *Criminal Minds* ended the first week of February. The Good Place is gone until next year. *The Orville* only produces a limited number of hours, as does *The Connors*. Whatever happened to an actual TV Season? — Aaron F.

**Matt Roush:** There's still a "traditional" network TV season from September to May, but only a handful of

shows—mostly procedurals and sitcoms—hew to it anymore. What you're seeing play out is a combination of factors: fewer episodes to be sure (shows like *This Is Us* and *The Good Doctor* averaging 18 instead of the traditional mid-20s), but also generally airing fewer repeats, which brings their seasons to a close even sooner. (*Doctor* is done in mid-March, and *This Is Us* closes shop the first week of April.) Some

producers purposefully choose to make fewer episodes per season, opting for quality over quantity, though when a show like *Criminal Minds* is limited to 15, that's almost certainly an economic decision. In the bigger picture, the networks talk about being in the year-round programming business, which means staggering premieres throughout the year to keep their lineups fresh even in off months. It makes for some confusion and frustration for those who yearn for the old days, but that system is fading fast as viewing habits continue to evolve.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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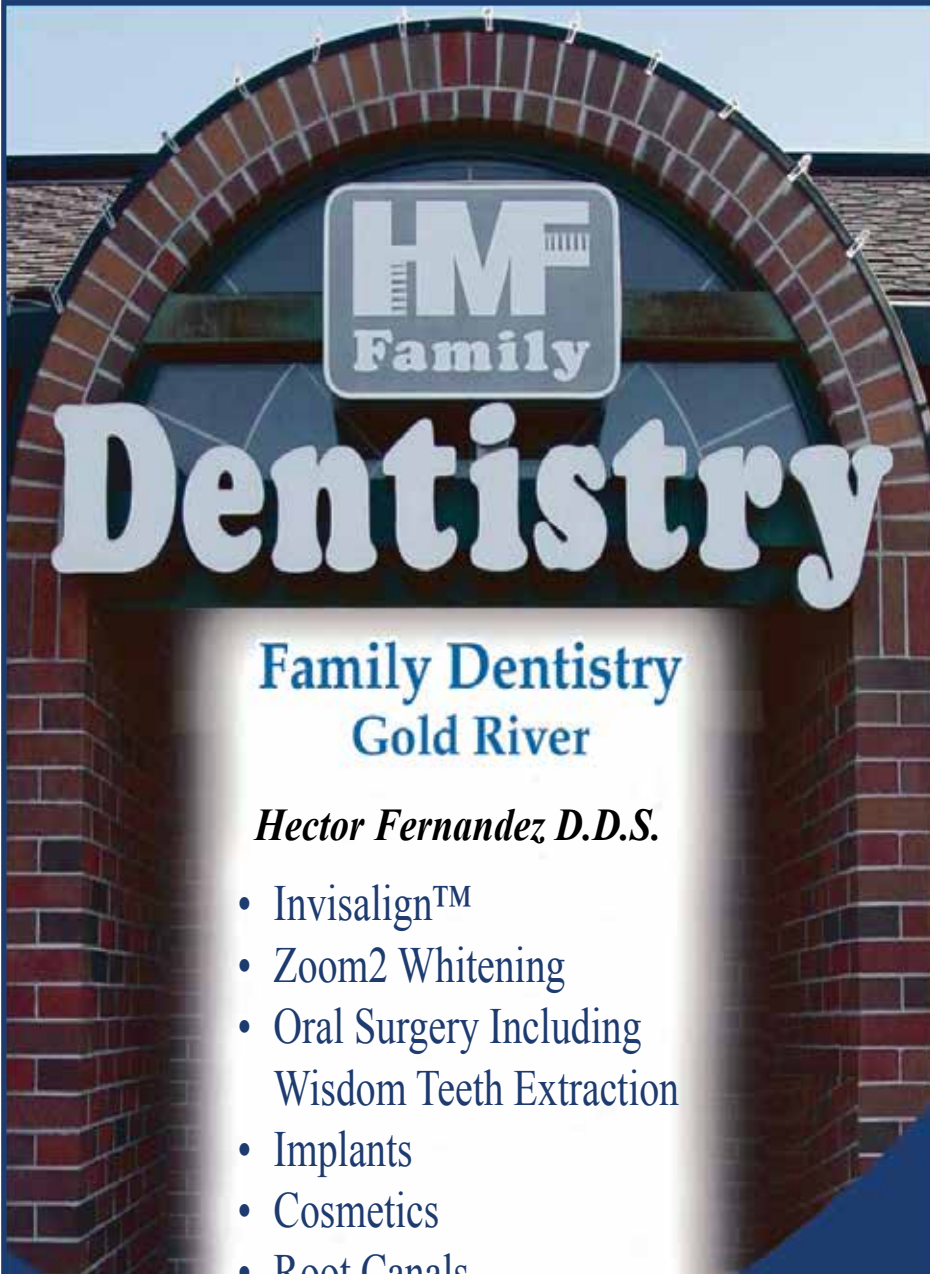
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# Something to Tweet About



Great egrets are among avian species likely to be observed during two Bird and Breakfast events at Effie Yeaw Nature Center. Right - Osprey are regular hunters on the American River.

**Story and photos by**  
**Susan Maxwell Skinner**

**SACRAMENTO REGION, CA (MPG)** - There's more to ornithology than binoculars and obliging birds. Add a nature preserve resonant with avian song; throw in an expert docent; garnish with breakfast fit for a kingfisher. You then have the Effie Yeaw Nature Center's popular spring fundraiser.

"Bird and Breakfast;" will this year be staged on Saturdays March 16 and March 23, at the center's Ancil Hoffman Park facility. Reservations are required; the two-event fundraiser sells out every year. Participants will likely see 40 or more species and no bird gets left behind; Sacramento Audubon guides get as excited about tiny finches as rock-star herons, snowy egrets and – yes, it's possible – a bald eagle fly-by.

Equally fascinating are home-building habits during the most industrious time of the avian year. Because Audubon scouts locate nests in advance, visitors will likely see wren, hawk, woodpecker and titmouse abodes. Higher and harder to spot, some hummingbirds will have nested by March. Nest-watching is enhanced by on-site viewing scopes.

A 28-year spring tradition, the \$45 (\$40 for American River Natural History Association or Audubon members) safari is followed on March 16 by gourmet breakfast. The March 23 foray is for ages six and up. This family-friendly program invites adults for \$12 and children for \$7. Discounts apply for ARNHA or Audubon members. Groups are welcome. Carmichael Kiwanis will serve a pancake breakfast on this date.

Silent auctions of bird-related goodies accompany breakfast. Proceeds assist the Nature Center. Neither weekend excursion is recommended for very young children. Participants should wear stout shoes and bring binoculars. Bird and Breakfast begins at 8 a.m., both days. Learn more at [www.sacnaturecenter.net](http://www.sacnaturecenter.net)

Effie Yeaw Nature Center's Bird and Breakfast event offers guided walks on Saturday March 16 and Saturday, March 23. The first program includes gourmet buffet for \$45 a person. The second event includes pancake breakfast: adults \$12; children \$7. Walks start at 8 am. The Nature Center is in Ancil Hoffman park, Carmichael. More information at [www.sacnaturecenter.net](http://www.sacnaturecenter.net). ★



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By Noah Howard

# Game Plots

*Game Developers Have Seemed to Adopt a Lazy Attitude*

**SACRAMENTO REGION, CA (MPG)** - As a general rule, the big-budget video games of the past five years have been of absolutely stellar quality, but this holiday season's releases have seen a drastic shift in the wrong direction. Bethesda and Electronic Arts/DICE, publishers/developers of Fallout 76 and Battlefield V respectively,

have seemed to adopt a lazy attitude that their consumers are undiscerning enough to buy whatever they put out, and so have released games far below both studios' usual caliber for quality.

Battlefield V is the less offending of the two. While the core gameplay is by far the best in the long-running Battlefield series, it doesn't have nearly enough content to qualify as a full game. In this writer's opinion, multiplayer games like Battlefield have tended to be light on content in the past compared to single-player story-based

experiences, but the tiny number of maps and modes that Battlefield V offers is unacceptable. Even the brief story mode is incomplete, with promises from the publisher that more content will be added on for free at a later date.

Fallout 76, however, makes Battlefield V look like a masterpiece. Set in the post-nuclear-apocalypse wasteland of the Fallout series, the game advertises itself as a dynamic multiplayer experience, encouraging players to cooperate and rebuild a broken

society. What was delivered instead was a painful, bafflingly incomplete slog, with little meaningful interaction between players and even less meaningful interaction with the environment. The game is full of bugs, has almost no interesting tasks to complete, and has graphics that would have looked bad eight years ago. To add insult to injury, players who ordered the \$200 special edition were promised a limited edition canvas bag, and, without announcement, were instead delivered a bag made of cheap nylon. Fans of Fallout are outraged at the release, with little word from Bethesda.

The answer to why these clearly incomplete products were released at all probably lies with the holiday season; November and December

are the biggest months for video game purchases, and considering the lack of successful new products from either Electronic Arts/DICE or Bethesda this year, they likely wanted to take advantage of an injection of revenue rather than wait another year. This strategy operates under the assumption, however, that any product they release will sell a viable number of units to cover the high cost of making a game. With Battlefield V, and especially with Fallout 76, this is unlikely to be true in the immediate future. Both companies have underestimated how quality-discerning their fanbase is, and even if Battlefield V and Fallout 76 earned enough from pre-release orders to cover their costs, the stain on both companies' reputations

could prevent that from happening again down the road. Rockstar, developer of the recently released Red Dead Redemption 2, should be commended as the exception to this season's rule. Like Bethesda and Electronic Arts/DICE, Rockstar's fanbase is strong enough to ensure at least some margin of good sales on basically any product. Nevertheless, Red Dead Redemption 2 is one of the best, most impressive games ever made, even though merely "good" would have earned them money. Fallout 76 and Battlefield V ought to learn Rockstar's lesson, as this holiday season, both games are likely to collect dust on store shelves.

To respond to Noah's articles email him at digitalartsnoah@yahoo.com ★

## Senate District 1 Special Primary Election Tuesday, March 26, 2019

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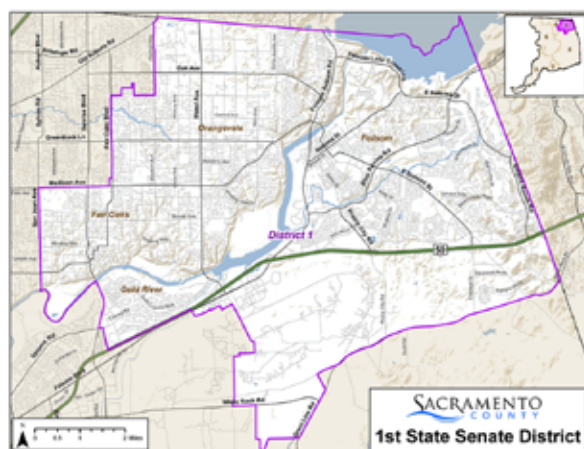
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