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The Business Landscape Is Bright



The chamber staff and volunteers brightened everyone's morning as they arrived at the Business Outlook.

By Paul V. Scholl

RANCHO CORDOVA, CA (MPG) - The Sacramento region is a hot job market right now, according to Dr. Sanjay Varshney, who recently presented at the annual Business Outlook in Rancho Cordova.

"Rancho Cordova is a growth pocket corridor," he said.

Dr. Sanjay Varshney, Ph.D., CFA, the Goldenstone Wealth Management founder and principal, spoke on



Dr. Sanjay Varshney, Ph.D., CFA

"Is Sacramento Region Ready for a Recession?" He addressed how recent national and statewide effects had hurt the local market, but also explained how he sees the region bouncing back to normal pre-pandemic economic activity.

Some key factors from the presentation handout showed the overall economic index is down 18% and business sentiment has mostly become neutral - with only 22% of
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Sac Metro Air District Releases Capital Region Climate Priorities Plan

Sacramento Metro Air District News Release

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Air Quality Management District (Air District), on behalf of the seven-county Sacramento region, has submitted its Capital Region Climate Priorities Plan (Plan) under the U.S. Environmental Protection Agency's Climate Pollution Reduction Grants (CPRG) program. The Plan, which required unprecedented cooperation and collaboration among 29 local and regional partners led by the Air District, outlines 24 climate measures that would create substantial greenhouse gas emission reductions and myriad co-benefits, including advancing equity and opportunities in the clean energy transition.

"The Sac Metro Air District continues to prioritize collaboration," says Sacramento County Supervisor and Air District Board Chair Patrick Kennedy. "This CPRG effort is one example of how to activate the region effectively and proactively for new funding opportunities for climate action in the greater Sacramento Valley."

The Air District led the climate planning process, which guarantees the region's opportunity to compete for future CPRG implementation grants that could bring millions of dollars in funding over the next six years for projects identified in the Plan. The Air District intends to submit the region's application for phase two implementation funding by April 1. Phase two grant awards will be announced by July 1.

"We are proud to lead the CPRG planning effort for the seven-county region spanning from the shore of Lake Tahoe to the waters of the Delta," said Air Pollution Control Officer Alberto Ayala. "Thanks to the hard work and determination of our CPRG team and partners, this plan represents the region's integrated environmental priorities, with a focus on improving air quality and reducing climate impacts for our residents, including those most vulnerable to pollution. We stand ready to drive climate action in the region for years to come and thanks to these IRA investments."

The newly released Air District's Capital Region Climate Priorities Plan is available at www.AirQuality.org/CPRG. ★

Hollywood Production Films in Sac

Story and photos
by Matthew Malone

SACRAMENTO REGION, CA (MPG) - The stars came out in the daytime on Feb. 25, as a movie whose cast includes Leonardo DiCaprio, Sean Penn and Regina Hall filmed in Galt. And many residents in Rancho Cordova and nearby cities were among those hoping to catch a glimpse of the live movie shoot.

Although the production has been shrouded in secrecy — no title or synopsis has been officially announced — it has attracted intense interest as it films on-location around Northern California.

Production vehicles lined the streets around Harvey Park in Galt and the sidewalks around the park were closed to the public.

Most of the afternoon filming took place in the space between the park and the Union Pacific railroad tracks that run through the city.

Groups of curious onlookers gathered on the far side of the streets around Harvey



Leonardo DiCaprio practices throwing a water bottle in preparation for a scene.

Park, hoping to catch a glimpse of one of the celebrities or get some insight into the filmmaking process.

"It's been all over social media," Christina Tapia said, explaining that one of her daughters wants to be an actress. "She was the one that was like, 'Mom, they closed off all the streets. Can we please go try to find them?'"

Her daughter, Selah, described hearing rumors of

the movie shoot.

"We heard it from a bunch of friends. It was going around," Selah said. "Some people were like, 'Oh yeah, Leonardo DiCaprio's coming to Galt.' And I love Leonardo DiCaprio. He's one of my favorite celebrities."

Selah and sister, Rikki, hoped to see DiCaprio delivering lines or recreating a shot from his 2013 movie, "The Great Gatsby," in

which he raises a glass of champagne.

Maria Fernandez and Michael Tam were waiting nearby. Fernandez, a Galt resident, remarked on the event rarity for the city.

"It's kind of exciting because nothing really happens here in Galt that excited, so I feel everyone's excited for it," Fernandez said.

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The Business Landscape Is Bright



Mayor David Sander gives an update.



Sadie St. Lawrence, the Human Machine Collaboration Institute founder.



Diann Rogers, (L) Chamber Executive Director, shares experiences with new Rancho Cordova entrepreneurs.



Among those honoring former chamber board chair Joey Penneman, who is holding a plaque, are from left, Casey Fallon, Leroy Tripette, Suzanne Dizon, Jeannie Robinson, Shilo Costello, Tegan Knifton and Chantel Hoad.

Continued from page 1
 businesses viewing their new year as quite pessimistic. Also shown was the local unemployment rate inching up and now hovering around 4.6%, close to the statewide average.
 "Barring any shock to the system, we may not see signs of a recession in Sacramento," Varshney said.

Overall, the local economy is bright, as 200 guests heard during Rancho Cordova Area Chamber of Commerce's 2024 Business event on Feb. 2 at the Sacramento Marriott Rancho Cordova.
 The business sector is doing well, according to the annual event's speakers.
 Sadie St. Lawrence, the

Human Machine Collaboration Institute founder and the Women in Data founder, was the keynote speaker and addressed Artificial Intelligence (AI) and how it affects businesses. She focused on key areas surrounding creativity and productivity, on where the industry stands and where it is going.
 Another speaker at the sold-out

event was Rancho Cordova Economic Development Manager Amanda Norton on planning for economic development. She highlighted local businesses and why they chose to locate in Rancho Cordova.
 Diann H. Rogers, the chamber's president and CEO, spoke on "Engagement in the Region's Future." Rogers' leadership with

the chamber of commerce has been instrumental in bringing many new businesses to the area.
 In addition, Rancho Cordova Area Chamber of Commerce director Joey Penneman, who was the chamber board chair in 2022 and 2023, was honored during 2024 Business. Penneman is a SMUD strategic account advisor. ★

KP International MARKET

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 916.853.8000

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 Food Court: 7 Days 11am - 7:30pm
 Korean/Mex/Viet: 7:30pm last call
 Chinese/Japanese: 7:00pm last call

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Our 1st Anniversary Giveaway!
FREE CAKE FOR FIRST 200 PEOPLE
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Gluten-Free Cappuccino Cake

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Carrot 5 lbs \$3.49 bag	Cosmic Crisp Apple \$1.19 /lb	Grape Tomato 10.5 oz 2/\$5.00	Whole White Mushroom 8 oz \$1.89 ea
Yukon Potato 99c /lb	Mexican Mango Box \$18.99 /box	Russet Potato 10 lbs \$2.59 bag	English Cucumber 99c ea

AMERICAN/HISPANIC GROCERY

Scantrel Fabric Softener 5.5 liter \$16.99 ea +TAX	Bir Multi Purpose Lighter 1 ct \$3.99 ea +TAX	Maggi Instant Noodles 5 pk 5 x 80 g \$4.99 ea	Best Foods Real Mayonnaise 30 L oz \$5.99 ea
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ASIAN GROCERY

Excellent Rice Stick Bihon 16 oz \$2.99 ea	Ox & Palm Corned Beef 15 oz \$6.99 ea	Awail Coconut Cream 14 oz 99c ea	Quail Egg 15 oz \$2.49 ea	Chaun Chaun Quail Eggs 15 oz \$2.49 ea	CRV Thai Tea Drink 16.9 L oz 2/\$3.00
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EUROPEAN GROCERY

Marinated Mushroom 840 gr \$5.99 ea	Vegetable Spread Hot Ajvar 540 gr \$3.69 ea	Wild Cod Liver 240 gr \$4.99 ea	Wild Cod Liver 240 gr \$4.99 ea	Army Brand Tushonka 425 gr \$4.99 ea	Prince Polo Dark Chocolate Slice 32 / 35 gr \$12.99 ea
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KOREAN/JAPANESE GROCERY

Rice Chan 15 lbs \$12.99 ea	Tea Herb Sanchon 30pk 3000 ml \$7.49 ea	Korean BBQ Sauce 840 g \$3.99 ea	Coffee Flavour Milk Drink 6 x 6.5 oz \$3.99 ea	Red Pepper Powder (Kimchi) 1 kg \$8.99 ea	O'Food Mild Seungjang 500 g \$2.99 ea
Sweet Peas Noodles 450 g \$3.99 ea	Joy & Bongik 3 kinds 300 g \$7.99 ea	Palmasse Dried Seaweed 100 g \$3.99 ea	Fruit Jelly 2 kinds 300 g \$2.99 ea	Hand Soak Saver 11.8 oz \$2.99 ea	Seoul Seungjang 24 oz \$2.99 ea

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FROZEN & FISH DEPT

Raw Shrimp Peeled & Deveined 2 lbs \$10.99 /ea	Dried Persimmon 3 lbs \$11.99 /ea
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WEEKLY MEAT SPECIALS

Beef London Broil/Top Round Roast \$4.99 /lb	Beef Ribeye Roast - Boneless \$6.99 /lb	Beef Ribeye Steak - Boneless \$7.99 /lb
Chicken Leg Quarters 89c /lb	Pork Butt Bone-In \$2.49 /lb	Pork Tenderloin \$3.99 /lb

FROZEN & FISH DEPT

Cuttlefish Noodles 80 g \$1.99 /ea	Columbus Pastrami \$12.09 /lb	Cerignola Olives \$6.69 /lb
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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 06 - MARCH 12, 2024.

A St. Patty's to Remember is Underway at The Old Sacramento Waterfront



Locals celebrate St. Patty's downtown in a former year. Photo courtesy of Downtown Sacramento

Traci Rockefeller Cusack, T-Rock Comm. News Release

SACRAMENTO, CA (MPG) - St. Patrick's Day is back and better than ever at the Old Sacramento Waterfront. Downtown Sacramento Partnership is excited to welcome back these interactive and family-friendly activities – a Leprechaun Hunt (now through March 18) and the region's only St. Patrick's Day Parade and Festival (March 16 from noon to 5 p.m.). Visitors will enjoy a Taste of Ireland (now through March 31) at Old Sacramento Waterfront coffee shops, restaurants and bars that are offering Irish-inspired food and beverages. The community is invited to bring the entire family to the 26th Annual St. Patrick's Day Parade & Festival to witness beautiful floats, learn Celtic history and traditions, and shop local vendors.



The Leprechaun Hunt is a family favorite activity on St. Patty's. Photo courtesy of Downtown Sacramento

share the experience with others, hunt participants and visitors are encouraged to capture images, post them on social media and tag @OldSac. To download the activity pages or find our more detailed information about the St. Patrick's Day Hunt, click here.

26th Annual St. Patrick's Day Parade & Festival – 3/16 from Noon to 5 p.m.

Families, friends, kids, and the young-at-heart are invited to join hundreds of colorful marchers along with Irish and Highland dancers, pipe and drum bands, and a variety of cultural organizations at the Annual St. Patrick's Day Parade and Festival stepping off at 1 p.m. from Neasham and Front Streets. Emceed by iHeart Media's KISS 107.9 DJ Strawberry, the parade includes more than 40 organizations and groups, and visitors are also encouraged to line the boardwalks of L, Front, J, and 2nd Streets for the best views of the spirited spectacle.

There will be multiple demo stages with various performances throughout the day, including:

The main Shamrockin' Stage will feature a band playing all day.

The State Parks Stage will focus on entertaining and educating children about Celtic culture.

The Embarcadero Stage will have a Sac Dance Labs taught class, music, and an entertaining magician.

Plus, a Vendor Village will be set-up at K and Front Streets from noon to 5 p.m.

Taste of Ireland – Now thru 3/31

Eleven Old Sacramento Waterfront coffee shops, restaurants and bars are offering a Taste of Ireland (now through March 31) with Irish-inspired foods and beverages, an array of corned beef offerings, Guinness drinks, and Sean Finnegan's Irish Pub will serve "Sacramento's Best Irish Coffee."

Revelers wanting to get a head start on the fun are encouraged to purchase advance tickets to the St. Patrick's Day Bar Crawl (March 15) here. Spirited community members can arrive early to the Old Sacramento Waterfront on March 16 as music and entertainment starts at noon with performers dancing throughout the district alongside a lineup of local vendors and shops offering "lucky" specials.

The 26th Annual St. Patrick's Day Parade and Festival is proudly produced by Downtown Sacramento Partnership and made possible by the generous support of Brass Ring Amusement, Sean Finnegan's Irish Pub, and XFINITY.

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

COMMUNITY ENHANCEMENT & INVESTMENT FUND ★ GRANTS AVAILABLE ★



The City of Rancho Cordova is now accepting applications for grant funding from individuals, organizations, businesses, and community partners who are interested in enhancing the Rancho Cordova community.

APPLY THROUGH March 15, 2024, 12 PM!
If your project or program will take place at a school or park, your application is due by Friday, March 1, 2024.

- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
- ### Community Grant Types
- Arts, Culture, History, Entertainment and Sports
 - Education
 - Other Projects

The city anticipates awarding approximately \$2.5 million in community grants in Fiscal Year 2024/2025.

★ **APPLY NOW** ★ 

CityofRanchoCordova.org/CommunityEnhancementInvestmentFund



The Community Enhancement & Investment Fund is funded by Measures H and R, ½ cent local sales tax measures approved by Rancho Cordova voters respectively in November 2014 and 2020.

2024 Citizens Academy, Accepting Applications Now!

Sacramento County District Attorney's Office News Release

SACRAMENTO COUNTY, CA (MPG) - District Attorney Thien Ho announces applications are now being accepted for the 2024 Citizens Academy. The Sacramento County District Attorney's Office hosts the program in partnership with the Sacramento Police Department, Sacramento County Sheriff's Office, and 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; 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 District Attorney's Crime Lab and Sacramento Police Department's 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 2, 2024 – June 11, 2024, 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 22, 2024.

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

River Cats Changing in the New Baseball Year

By Mitch Barber,
photos courtesy
of Sacramento River Cats

SACRAMENTO REGION, CA (MPG)

- If you've ever watched Triple-A baseball, you know that it is extremely competitive and just one level below the major leagues. It also happens to be a lot of fun.

Before the 2024 season gets underway in late March, Messenger Publishing Group interviewed a well-informed man in Sutter Health Park's press box: Jake Ward, who is the Sacramento River Cats communications coordinator.

The interview began with discussion about Dinger, the River Cats' full-of-fun mascot who plays a key role with the team at and away from the ballpark.

"Every year, one of the big events that we do, one of our draws, is Dinger's birthday party. So, we have a lot of mascots in the area come to the game for his birthday," Ward said. "Last year, there was Quackals...Dunkson from Stockton...I believe Herky T. Hornet was here."

The UC Davis mustang mascot, Gunrock, also attended.

Dinger's birthday event will be on July 21 this year during the Albuquerque Isotopes game.

Ward outlined another enjoyable event, a ballpark get-together, that took place last year.

"We did a sleepover night where we had some fans who could purchase a package to stay on the field and then they showed the movie, 'Sandlot,' while they had some sleeping bags and some tents out there on the grass," Ward said. "... That was a pretty cool one (event)."

This year, on March 30, gameday festivities will revolve around the movie.

But the River Cats aren't a team of kids with one that says, "You're killing me, Smalls." They are a professional team affiliated with the San Francisco Giants in the Pacific Coast League (a league that includes the Sugar Land Space Cowboys, a team name indicative



Fans arrive at Sutter Health Park to watch a ball game.



Nick Avila, Turlock native and member of the Sacramento River Cats.



Dinger stands perched on top of the dugout at Sutter Health Park.



The Tower Bridge looms behind the outfield grass at Sutter Health Park.

of more fun).

The River Cats' field is a step up from the makeshift one in the movie. Ward explained how Sutter Health Park is different from the former Raley Field: "We've been completely remodeling the inside of our clubhouse."

There is no irony in what the organization is doing with Sutter Health Park.

"Mental health is just as big as physical health," Ward said. "It's something that our organization stresses all the way from the Giants

up at the top, all the way down through San Jose (its Single-A affiliate)."

"In addition to expanding our weight-room area and adding a second batting tunnel, they're also adding family rooms and they're adding a mental health room," Ward continued.

The family rooms would make it possible for players to meet a spouse or their children in a laid-back atmosphere.

Another modification has to do with the lights.

"We're replacing a lot of our lights; we're moving to LED lights just to be a little bit more energy efficient," Ward said.

He said they wouldn't have to go through the warmup period required of standard floodlights before they shine bright.

Ward was happy to announce that what will stay the same is the head coach.

"Dave Brundage will be back for his seventh season," he said.

Brundage has the second most wins in franchise history.

A staff change this season revolves around a promotion.

"Our pitching coach from last season — Garvin Alston — he earned one of those promotions (to the major leagues) and he is now going to be the bullpen coach for the Giants," Ward said.

He was happy about the news, but more focused on the River Cats. "The home opener is Friday, March 29, against the Salt Lake Bees at 6:45 p.m.," said Ward.

Ward also knew about another special game: "Just about a week prior — this isn't our opening day but a big event that we're excited for — we'll be facing off against the Giants in our exhibition game on Sunday, March 24th."

The San Francisco Giants and the rest of Major League Baseball don't use the automated ball-strike (ABS) system, but this year, like last season, the River Cats and the rest of the PCL will use the automated ball-strike. The first three games of each six-game series "will be all-automated," Ward said, meaning that all ball and strike calls will be relayed to the umpire through an earpiece and called using the Hawk-Eye tracking system. (Tennis fans might recognize the Hawk-Eye name.)

The last three games of each series, Ward said, "We go back to a more traditional system where your umpire calls balls and strikes but we use a challenge system... so if a batter feels that a pitch was called a strike, but he thinks, no, that pitch was outside or it was high, he can turn around and he can initiate a challenge by tapping his helmet."

Each team will get three challenges to start the game. The pitcher, batter or catcher can initiate a challenge — the inquiry cannot be initiated by the dugout.

"It goes up on the jumbotron," Ward said.

It's all part of the competitive, fun experience that is Sacramento River Cats baseball. Play ball!

Sutter Health Park is at 400 Ballpark Drive, West Sacramento. ★

Hollywood Production Films in Sac

Continued from page 1

Tam said, "I want to see what the process is, maybe catch a glimpse of whoever's coming in ... and hopefully see some action scenes."

The production involved its fair share of action; at one point, Penn filmed several takes of a scene in which he was led into a chain-link cage with a rifle at his back. Meanwhile, dozens of extras ran out of the Harvey Park baseball field into a semitruck. DiCaprio was also present, at one point rehearsing a scene that involved throwing an object on top of the cage.

Other stars seen on set included Hall and singer-songwriter Teyana Taylor.

The city of Galt posted on social media that "a special event" would involve simulated gunfire between 10 p.m. and 3 a.m.

Paul Slaviero, who lives in San Jose, was visiting in-laws in town when he heard about the event. He told the Elk Grove Citizen why he and his wife decided to watch DiCaprio filming.

"He's one of the greatest actors. ... You take a look at Ben Affleck and Leo DiCaprio and some of the others, they're the legacy now of great actors, who carry on the torch of what Hollywood, and what great acting, is all about. And here he is today. And I'm thinking that's exciting for me to take my time to stay here to watch this," Slaviero said.

The film is written and directed by Paul Thomas Anderson, who has also written and directed movies such as "Boogie Nights" and "There Will Be Blood." Warner Bros. is the distributor.

Reached for comment before the Galt filming date, a representative told this publication, "For the safety of our cast and crew, we would like to refrain from doing any media until after our scheduled filming. Thank you for understanding."



Actors Teyana Taylor and Sean Penn (both at center) wait between takes of a scene where Taylor leads Penn into a chain-link cage at gunpoint.

The production popped up in Humboldt County from late January to early February and filming moved to the Sacramento area starting on Feb. 3, with shoots at the Sacramento County Administration Building and the Sacramento County Superior Court building, and, on Feb. 6, near the Bob Hope Theatre in Stockton.

The city of Galt acknowledged the filming directly in a Feb. 26 social-media post.

"First off, we would like to extend our sincerest appreciation to Warner Bros. Pictures for choosing Galt as a filming location for their upcoming movie! It is such an honor to have our small town showcased as part of this project," the post read. It thanked residents for their patience, as well as staff with the police, parks and recreation, and public works departments for their work during and before filming.

On the day of filming, some spectators crowding the sidewalks



Extras walk across the baseball diamond at Galt's Harvey Park during filming on Feb. 26.

in the afternoon experienced the movie shoot close up when a production crew member approached

and began recruiting individuals to be extras for the night scenes. Tapia, there to accompany her

daughters, left to change clothes after the crew member picked her as an extra. ★



And Another Thing March 10 Starts Daylight Saving Time

By Bob McGarvey

My Memorial Day committee met a few days ago. There are fewer people today who are interested in Memorial Day and what it means. The youth of today aren't as likely to go to that ceremony like the Veterans and their families who went through WWII, the Korean War, and the Vietnam War. The Veterans were away from home and missed seeing their children and their spouse. The families supported the Veterans sending letters and different things to them and gave them all they could. There will be more in my column about Memorial Day and Veterans Day. The families of our Rancho Cordova Veterans can let me know of stories they would like to share about their husband, wife, or children who serve their country.

When I first came to Mather A.F.B, the weather was easy to predict. Something that has definitely changed since then is how the weather is changing here and around the world. I am working on the weekend of March 2nd and 3rd and how difficult it is for the people who live in the Sierra Nevada when the snow is being predicted by feet instead of inches. I am curious about how many voters in the mountains will be unable to vote. There are many more ways to vote today, but if all they could do was to go the ballot box on Election Day in person, my guess is that there would be many fewer votes cast. We will have to see how many voters are stopped by the weather.

Since I was talking about working on the weekend, the weather this weekend, and that it is very close to voting. There is something else to think about next weekend. It will be March 10, and that will be Daylight Saving Time. You know, spring forward (and lose one hour of sleep). Some clocks will move forward automatically, like the clock on our smart phones. I remember that there are a few clocks in our house that have to be done manually: on the oven, or the coffee maker, or the microwave, or a clock that operates on batteries, or anything else that may have to be wound up.

I found something interesting in Wikipedia about the original reason for Daylight Saving Time. "DST was first implemented in the US with the Standard Time Act of 1918, a wartime measure for seven months during World War I in the interest of adding more daylight hours to conserve energy resources. Year-round DST, or "War Time", was implemented again during World War II."

From what I have been able to learn about it, that was implemented at different times, and has been ended for other reasons. There have been too many times and places and states for me to put all of the changes in my column. It would probably take at least half of a newspaper page to cover it all. As I said earlier Wikipedia provides information, and it can be found in encyclopedias.

From Bob McGarvey, God bless, and see you next time. ★



Dave Ramsey Says

My Wife Thinks She Owes Me Money

Dear Dave,

My wife and I have been married for nine months, and we've been following your Baby Steps plan for three months. We have about \$50,000 in debt, and I recently cashed out an old whole life policy that enabled us to pay off \$22,000 of our debt. My wife still feels weird about us doing that, since the money paid off all the student loan debt she accumulated before we got married but none of the debt I brought to the marriage. I look at everything as ours, not mine and hers. What can I do about her sense of guilt and feeling indebted to me

– Anonymous

Dear Anonymous,

This isn't an uncommon

thing in situations like yours. But more than feeling indebted to someone or experiencing a sense of guilt or shame, it's really a discussion about differing views of marriage.

You're never in debt to your spouse. You should be all in where your husband or wife is concerned. Remember the vows? For richer, for poorer. In sickness and in health. If she makes you chicken soup when you're sick, does she charge you for it? Of course not. When you get married, you agree to take on each other's burdens. Once you walk down the aisle with someone, you're choosing to serve each other. You're also choosing to take on each other's debt, each other's income, each other's assets and each other's crazy parents. Everything!

It all boils down to having a shared view of a proper marriage relationship. And the proper (and biblical) view is we own everything. There's no mine and yours anymore. Now,

you can't make her feel—or not feel—a certain way. But you can ask her questions to understand where she's coming from and what blockers are keeping her from being totally together in this. Talk about it. Put your heads together and practice thinking about your marriage as a union.

It will take some encouragement from you and some getting used to on her part, but if you work together, it's a muscle you can grow and develop together!

– Dave

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



Four Letter Word

Now don't get ahead of me because I said a four letter word. We all have to face times when our backs are up against the wall. So how do we learn to deal with it and maybe even learn to laugh? Dr. David Levy faced adversity and learned to laugh at himself and get up to face life. Dr. Levy is an award-winning Professor of Psychology at Pepperdine University, and he has been sought out for appearances on CNN, PBS, NPR and Nat Geo as a media consultant on current events. So came his book "Life is a 4-Letter Word" laughing and learning through 40 life lessons.

Here are ten he shared with me.

1. SOMETIMES A TIE IS REALLY A WIN. This lesson can apply to relationships, friendships...basically all human interactions. It is a shift in perspective that allows everyone to emerge a winner, with no necessity for losers.

2. EMPTY THREATS ARE WORSE THAN NONE AT ALL. This lesson became especially poignant and relevant as he became a parent. He remembered this lesson every time he went to Disneyland with his kids. I'm sure you get what he means.

3. TRY TO REPLACE ENVY WITH SELF-ACCEPTANCE. Envy knows no bounds, but self-acceptance can stem the tide.

4. WHEN YOU DON'T KNOW WHAT TO DO, FAKE IT 'TIL YOU MAKE IT. With this lesson, you can get a lot further than you think, and hey, no one can tell you otherwise.

5. FIND FORGIVENESS THROUGH

EMPATHY. He told me it is easier said than done, but with practice, it can become easier. I remember when a concert pianist was asked how he got the Carnegie Hall, his answer was simple...practice, practice, practice.

6. HAVE THE WISDOM NOT TO FIGHT EVERY BATTLE. Because sometimes it is not even about winning, but knowing that the battle may not be worth fighting over.

7. LEARN TO TRUST FACTS OVER FEELINGS. This lesson has the backing of the United States Navy, so if you don't like it, take it up with them.

8. DIFFERENTNESS IN ITSELF IS NOT A THREAT. Something to keep in mind, especially in today's society, when circumstances can get so divisive among people. It's okay to be different.

9. LOVE SOMETHING ENOUGH TO LET IT GO. This is a lesson from one of his personal favorite stories about Zorro, his beloved Labrador. This story has a special place in his heart because it is hard to let go of your best friend. I know I sure do and have had to do it more than once.

10. WITH AGE, THE ABSENCE OF CATASTOPHIC NEWS IS GREAT NEWS. It was the first time in his life when he was genuinely ecstatic to have a kidney stone. I guess what he means is all you have to do is think of all the other much worse possibilities!

My favorite lesson was "Things could always be worse." So enjoy the moment at www.drdaavidlevypsych.com. And live the 4-Letter word...LIFE! ★

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Social Security Matters

Why Must I Pay Into Social Security When I'm Collecting Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am collecting full Social Security benefits at age 72 and also working full time. Why is the Federal Government still taking money from my paycheck? I have written to Social Security experts on this issue, and they tell me "It's the law." That is not a good answer for me. Approximately \$4,400 was taken from my pay in 2023 for Social Security and, yes, I get a pittance of a COLA increase, but not equal to what I pay. No one has been able to fully explain the Federal Government's thought process on taxing me for Social Security when I am getting full Social Security benefits. Can you? **Signed: Working Senior**

Dear Working Senior: Far be it from me to try to explain the federal government's thought process on anything, but I can explain why those already collecting Social Security benefits must continue to pay Social Security payroll taxes while working.

It actually goes back to 1935 and the panel commissioned by President Roosevelt to create America's Social Security program. Said panel

determined how the program would be financed, Congress approved it, and FDR signed it. That methodology was essentially this:

Workers who earn (and their employers) must contribute to Social Security via payroll taxes to fund the program (we now know this as "FICA" for employees and "SECA" for the self-employed). When the program first started, certain employees and their employers were required to each contribute 1% of the employee's first \$3000 of earnings. Obviously, those amounts have risen over the decades. And, for clarity, only certain workers originally participated in Social Security, which has also changed over the decades so that now nearly everyone who works must pay Social Security payroll taxes.

Starting in 1937 and still today, SS payroll taxes paid by those now working are used by the federal government to pay benefits to those who are currently receiving. Said another way, Social Security is a "pay as you go" program where income from those working (and their employer) is used to pay benefits to those receiving. Payroll taxes collected aren't put into a personal account for the worker; rather they are used to meet current SS payment obligations. Any excess money collected is invested in special issue government bonds as reserves for future use (although current annual SS income is less than annual program costs – an entirely different topic).

So, the financing method enacted in 1935 and started

in 1937 still applies – those who work and earn (and their employers) must pay into the system to fund benefit payments to those who are now receiving - and that includes those workers who are already collecting their Social Security. FYI, there was a time when, if someone worked after starting their SS benefits, they lost all of their benefits. Fortunately, that rule no longer exists, so those who are collecting SS benefits can now continue to get benefits if they work, but they must also still pay into the program from their work earnings to help pay benefits to SS recipients.

I hope this provides some insight for why you must continue to contribute to Social Security even after you have started collecting your benefits. It is a result of how the program is financed – predominantly by workers through payroll taxes on their earnings (and to a lesser extent from interest on Trust Fund reserves and income tax on Social Security benefits). With very few exceptions, everyone who works helps pay benefits to those now receiving.

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

Gavin Newsom Is Unpopular, But A Second Recall Drive Is Doomed For Failure



By Dan Walters, CALMatters.org

On one level, it's completely understandable that many Californians believe they and their state would be better off without Gavin Newsom as governor.

California has some seemingly intractable issues that have worsened during the five years of his governorship – homelessness being the most obvious – and Newsom's penchant for braggadocio and grandstanding can be grating.

Although California is politically a deeply blue state, a recent poll by the Public Policy Institute of California found that fewer than half of adult Californians and likely voters believe the state is headed in the right direction and approve of how Newsom has governed.

Although Newsom still enjoys strong support among his fellow Democrats and Republicans are, as one would expect, just as strongly critical, his loss of approval by independent voters is the chief reason for his overall negative image, PPIC's poll discovered.

Newsom's recent fixation on touring the country as a surrogate campaigner for President Joe Biden – and to build his own political standing – probably contributes to his poor image at

home. To many, it implies that the state and its problems, including a whopping budget deficit, now play second fiddle to Newsom's political ambitions, whatever they may be, and surely a factor in a renewed campaign this week seeking to recall the governor.

Orrin Heatlie, a retired Yolo County sheriff's deputy who headed the 2021 recall effort and is back as chairman of the group Rebuild California, insists that "this time is different."

"People are suffering in California now more than ever," he said as the recall effort was launched. "Gas prices and people's grocery bills are higher than ever before. Crime is out of control, stores statewide are closing their doors, and this governor is giving free handouts and health insurance to thousands of people who are here illegally while we are facing a \$70 billion dollar deficit, not to mention our taxes are the highest in the nation."

"This man has aspirations to become the next president," Heatlie added. "Although we want him to leave California government, we don't want him to move to Washington. The country can't afford that."

All of that said, a second campaign to recall Newsom is a waste of time and energy. He easily defeated the first recall in 2021 with nearly 62% of the vote. A year later, he won a second term with a similar margin and almost certainly would prevail again if recall proponents can collect enough signatures to put it on the ballot.

Even if they could force

a recall election – and even if they muster an impressive list of Newsom's failures – recall advocates would need a viable replacement to have even a faint chance of success. In California, a recall is a two-step process. Voters simultaneously decide whether they want to oust the incumbent and choose among the declared replacement candidates.

That was demonstrated in 2003 during the first and only successful recall of a California governor. Then-Gov. Gray Davis would almost certainly have survived the recall if actor Arnold Schwarzenegger had not offered himself as a replacement.

Three years ago, the leading candidate to succeed Newsom was right-wing radio talk show host Larry Elder, who obviously saw it as an opportunity for self-aggrandizement rather than a serious interest in governance. He was an easy target for the Newsom campaign.

Given the very thin bench of Republican politicians in California these days, it's difficult to imagine anyone who could, by running as a replacement for Newsom, make a difference – nor could they raise the millions of dollars that a campaign would require. The only alternative would be a wealthy celebrity who could self-finance a campaign, like Schwarzenegger, but who that might that be, if anyone?

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. ★

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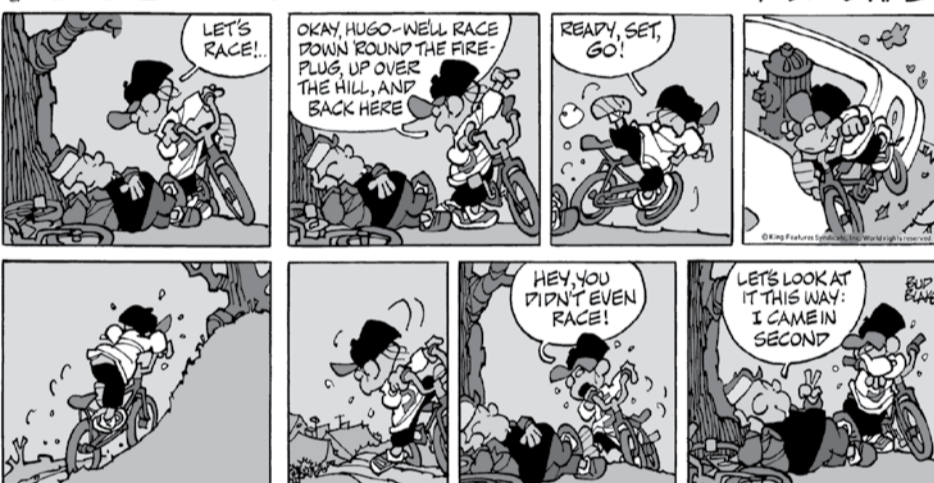
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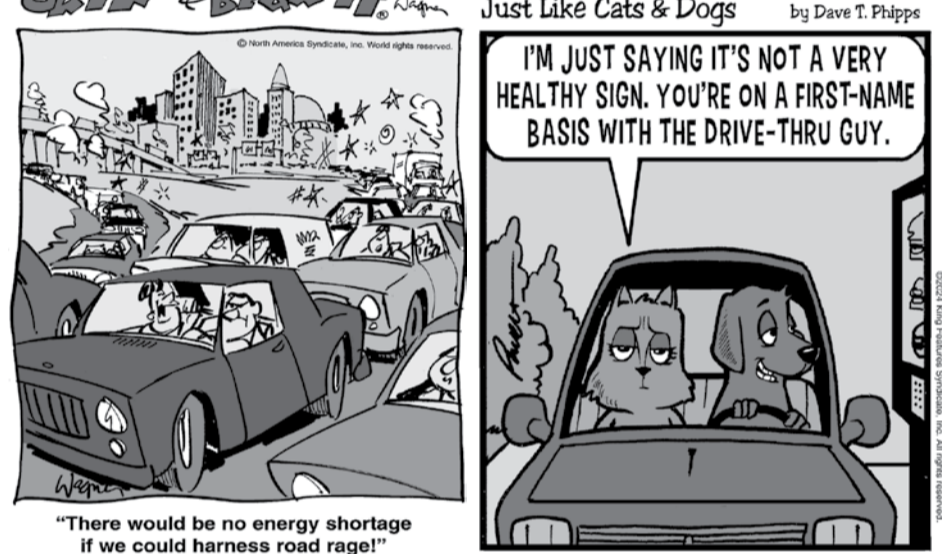
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Just Like Cats & Dogs

by Dave T. Phipps



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CLUES

ACROSS

- Window addition?
- Huge software company
- Spill the beans
- Watcher
- Acronym, abbr.
- Words to live by
- Ocean-dwelling ray
- Polynesian necklace
- "Once upon a midnight dreary" bird
- *Fill-in-the-blanks, March Madness style
- *"One ___ Moment"
- Like jalapeño
- Give off
- Bean counter?
- *Dominate opponent, slangily
- *___-elimination tournament
- Bricklayers' carrier
- Wood sorrels
- Jeweler's unit
- Alight, past tense
- Swings around
- Spice Girl
- Bubonic plague carriers
- Away from wind
- D'Artagnan's sword
- *Elite Eight, or the ___ round of tournament
- Bono's bandmate, with The
- Make a mistake
- Landlord's due
- Small lump
- *State Farm Stadium state
- *Not pro
- Chocolate substitute
- Hot temper
- Derived from oats
- Cuckoo
- Sir George Ivan Morrison's stage name
- Baby at a recital
- Have supper
- Young newt
- Many affirmatives

DOWN

- Brush alternative
- Culture-growing turf
- Long forearm bone
- Satyr
- City in Poland
- *Delta Center location: ___ Lake City
- Hole-in-one
- Type of polyhedron
- Raisin's breakfast companion
- Denim innovator
- Port in Yemen
- Toker's pipe
- Professional reviewer
- Not paths
- Not hers
- Shoulder rank display
- Winnowing leftovers
- Chicken in Mexico
- Farewell in Paris
- *School with most NCAA basketball titles
- Back of the neck
- Search blindly
- Lightsaber beam
- Olden days anesthetic
- *___ player
- Garden starter
- D.S., in sheet music
- Dance club light

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Community Call-Out for Participation: Photography Month Sacramento in April

Photography Month Sacramento News Release

SACRAMENTO, CA (MPG) - Led by Viewpoint Photographic Art Center – a non-profit organization located in Midtown Sacramento – and in collaboration with many involved partners including the City of Sacramento, Inside Publications, Sacramento County Board of Supervisors Office of Phil Serna (District 1), and Sacramento365.com, Photography Month Sacramento is scheduled for April 2024. First launched in 2018, the month-long event is highlighted by a variety of diverse and eclectic events that include special exhibits, receptions, photo shoot meetups, workshops, lectures, photo shoot gatherings, and more. With a new “Anything Goes” theme this year, the annual photographic celebration offers a diverse and collective experience of the visual arts. Photography Month Sacramento creates a shared platform for galleries, museums, educational institutions, libraries, retail establishments, photographers, and patrons to celebrate and elevate the art of photography. Interested participants are encouraged to create and/or highlight their own activations to help showcase the art of photography.

Thus far, a number of museums, businesses, and educational institutions from throughout the region have already signed up to participate in 2024, including: Casa de Español, Crocker



Local photography is always appreciated at area museums. Photo courtesy of Photography Month Sacramento

Art Museum, Granucci Gallery at the Center for the Arts in Grass Valley, Nevada County Camera Club based in Nevada City, Sacramento History Museum, Sacramento State University Department of Photography, Viewpoint Photographic Art Center, and YoloArts in Woodland.

How to Get Involved: Businesses, Museums and Organizations

Involvement in Photography Month Sacramento for businesses, museums and organizations is free and simple to do. The regional showcase offers a turnkey way to highlight visually enticing photographic programming already in place (possibly by incorporating a fresh visual element or hosting a special activation), introduce a concept in the planning stages, or create something unique to engage enthusiasts and connect with new audiences throughout the region.

How to Get Involved: Photographers

Photography Month Sacramento is open to

everyone – professional and amateur photographers alike – and offers wonderful opportunities to launch and/or exhibit photographic work, or to create a grassroots collaborative exhibit with friends interested in the visual arts. Those interested are encouraged to get creative and plan individual activations and/or contact favorite local coffee houses or restaurants to see if they might host an exhibit or reception in April 2024.

Once any photography-related concepts are confirmed by businesses, organizations, museums or individuals, Photography Month Sacramento participants are asked to post information details about any upcoming events here, a community curated calendar that is connected to and supported by Sacramento365.com.

To explore available sponsorship opportunities or find out more detailed (and continually updated) information about Photography Month Sacramento 2024, please visit www.photomonthsacramento.org. ★

Hoover and Patterson Introduce Measure to Address Homelessness



Josh Hoover

Office of Assemblyman Josh Hoover News Release

SACRAMENTO, CA (MPG)

- Assemblymembers Josh Hoover (R-Folsom) and Joe Patterson (R-Rocklin) announced Assembly Bill 2417 to expand and improve California's response to our state's homelessness crisis. This legislation increases funding flexibility for treatment and service-oriented programs by repealing the state's existing one-size-fits-all “Housing First” approach to homelessness.

“Our current approach to homelessness is failing to get the results our communities are asking

for,” Assemblyman Josh Hoover said. “We need a renewed focus not just on housing, but on getting people the necessary treatment they need to get out of the cycle of homelessness. It's time for our state to support programs that are driving real change and getting people the help they need.”

Since 2018 California has spent over \$20 billion taxpayer dollars to solve the homelessness crisis. During that same period the state's overall homelessness population has increased by 32 percent and today half of the nation's unsheltered homeless live in California.

“If we are serious about fully addressing the growing homelessness crisis, we must ensure we are treating the root causes of homelessness,” said Assemblyman Joe Patterson. “Shelters without accountability have proven to be ineffective. AB 2417 will allow the existing successful programs in my district, and statewide, to focus their

efforts on providing proven effective services to assist individuals in restoring and rebuilding their lives.”

AB 2417 shifts California's focus “Beyond Housing” by recognizing that individuals experiencing homelessness have diverse needs and may require different pathways to stability. The bill would allow state agencies and departments to allocate funds to programs that prioritize mental health and drug treatment as a prerequisite for participation.

The proposed legislation comes in response to growing concerns over the shortcomings of the “Housing First” model, which has failed to adequately address the root causes of homelessness in many cases and has left many individuals without access to essential services. Moving “Beyond Housing” offers another tool in the toolbox for local governments as they seek to develop more holistic approaches to addressing homelessness. ★

ABC License Administrators Can Now Submit Catering Authorization Applications Online

Department of Alcoholic Beverage Control California News Release

SACRAMENTO, CA (MPG) - Department of Alcoholic Beverage Control's (ABC) catering authorization applications are now available online for the first time, permitting users to complete the form within minutes.

“We are excited to bring an online method for licensees to apply and pay for the most common application submitted to the department,” said Licensing Division Chief Jaime Taylor. “Catering authorizations are used for selling and serving alcohol at many types of events, from weddings to large scale music festivals. Our new online applications will make the process much simpler and faster, providing an enhanced service to Californians who are applying for a catering authorization.”

Catering authorizations allow licensees with an active caterer's permit to sell alcoholic beverages for consumption during events approved by ABC. Applicants must have an ABC Online Services account with the License Administrator role. Applicants can submit their application,

pay with a credit card or eCheck, and upload required documents or approvals.

To qualify for the online authorization, the event must be more than five days but not more than 60 days from the application date. Users can submit and pay for events online for up to three consecutive days if each day has the same number of attendees and hours during which alcohol is served. If the dates are not consecutive, or if the number of attendees and hours are not the same, each day must be submitted and paid for as a separate event.

There is a limit of 36 catered events per year at any given location. This limit applies to all Caterer's Permits (Type 58), including those held by club licenses (Type 50, 51, and 52). An exception may be made to exceed 36 catered events if the licensee can clearly establish that additional events are in the best interest of the State and necessary to satisfy substantial public demand. Exceptions can be requested at a local ABC District Office.

For more information about online catering authorization applications, please visit <https://www.abc.ca.gov/licensing/license-forms/caterers-permits/>. ★

The FDA Offers Up Children to a Long, Brutal, and Fatal End

Commentary by Matthew Ellinwood

The effects of Sanfilippo syndrome in small children are so devastating that the rare disease is often known as “childhood dementia.”

About one in 70,000 newborns inherit this disorder. The affected children look normal at birth, but between ages one and six they begin to develop a host of symptoms, including severe developmental delays, seizure-like episodes, and losses in cognition, vision, and hearing. Without exception, Sanfilippo leads to an early death.

I have devoted my career to understanding this cruel disease and to looking for ways to treat or cure it. Thankfully, therapies for Sanfilippo are on the horizon — for the first time.

Yet there the Food and Drug Administration is holding potential Sanfilippo therapies to an impossible and inhumane standard.

Sanfilippo syndrome results from a deficiency of one of four enzymes needed to break down long chains of carbohydrate molecules. These undegraded molecules accumulate with devastating effects within a child's brain, leading to a heartbreaking neurodegeneration.

The problem lies in the standard approach the FDA is applying in evaluating Sanfilippo syndrome therapies. Under the agency's traditional approval path, a drug must undergo randomized trials that demonstrate clinical benefits.

This process makes sense for common diseases, such as diabetes, with reversible symptoms that can be observed within weeks.

But that's not the case with Sanfilippo syndrome.

Under the agency's “accelerated approval” path, the FDA can make a treatment available on the basis of a “surrogate endpoint” — a measurable

biochemical change that predicts forthcoming improvements.

Sanfilippo syndrome is exactly the kind of illness regulators had in mind when they created accelerated approval. The straightforward biology behind Sanfilippo syndrome should make approving treatments easy. Yet the FDA has refused to allow Sanfilippo treatments access to the accelerated approval path, insisting instead on traditional approval.

That's a disaster for current and future patients.

Because Sanfilippo syndrome is so rare, recruiting enough patients for traditional clinical trials is a challenge. This obstacle has already forced several research programs to close down. In fact, a biotech executive just shut down his world-leading clinical trial on Sanfilippo, citing the FDA's regulatory process as a key obstacle.

Then there's the gut-wrenching ethics issue. The FDA's requirements demand control groups that receive either delayed treatment or no treatment for a year or more. A Sanfilippo patient in one of these groups could hit the point of no return in their illness, beyond which future treatments would be ineffective. In other words, participation in these trials could be a death sentence.

Research suggests that effective Sanfilippo treatments will need to begin before age two. Forcing a one-year-old child with the disease to remain in a placebo group for a year could permanently eliminate the possibility of improvement. Is this the only way to evaluate promising treatments? Do some children have to die in order to satiate our desire for data?

Effective treatments for Sanfilippo are finally within reach. The only question is whether the FDA will allow modern medicine to deliver on this promise.

Matthew Ellinwood, D.V.M., Ph.D. is the chief scientific officer of the National MPS Society. This piece originally ran in Salon. ★

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Thank A Veteran Today

Interview with USL Head Coach Mark Briggs

By Mitch Barber

SACRAMENTO, CA (MPG) - Mark Briggs has a clear mission for the 2024 United Soccer League (USL) season, Republic FC's 11th. He told the Messenger Publishing Group that "it is to go one step further than last year and win the championship. Pretty simple, I think, after where we got to last year and reaching the conference final. We gotta go one step further this year and try and be better than what we were."

The club won its only USL championship in 2014.

The Tower Bridge Battalion has been cheering since then.

Briggs said of them, "I think they're like a 12th person on our team. They give us extra energy when we're in difficult moments. They make us run those extra five yards when we're tired. I can't speak highly enough of the Tower Bridge Battalion. I think they're incredible and we're proud to have them as our supporters' group."

The Tower Bridge Battalion will support numerous players this season who made their way through the Republic FC Academy, such as forward Rafael Jauregui, the youngest goal scorer in club history; forward Da'vian Kimbrough, who just turned 14 and signed with the club at 13 becoming the youngest pro in U.S. team sports history; midfielder Blake Willey who grew up in the Pocket area; and 16-year-old central defender Chibuikwe "Chibi" Ukaegbu.

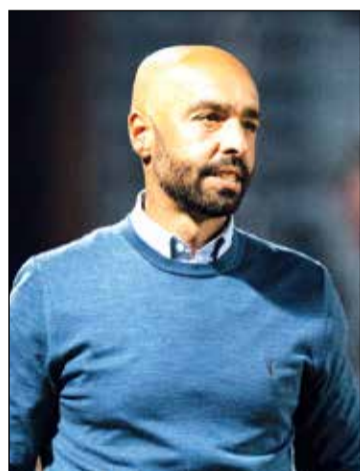
Briggs also started his own career at an early age in England. When asked about pickup soccer there, he said, "It's a huge thing. You drive past every park and there's people going on [the pitch] and, it was for me every single day growing up, soon as I finished school, there would be 20, 30 of us at the park just playing. I think it's where the game over here... You don't get that in America. I think you can go anywhere else in the rest of the world, England, Italy, Brazil, Argentina, like there's



Forward Rafael Jauregui prepares to kick the ball. Photo courtesy of Sacramento Republic FC



Defender Chibuikwe "Chibi" Ukaegbu prepares to make a pass. Photo courtesy of Sacramento Republic FC



Sacramento Republic FC Head Coach Mark Briggs. Photo courtesy of Sacramento Republic FC



Assistant Coach Martin Vásquez gives instruction on the pitch during a Sacramento Republic FC practice. Photo courtesy of Sacramento Republic FC

always just people playing, you know? Of course, you don't need anything —just a ball. [If] you can't find a goalpost, use trees, use whatever it is, you can just play and I think that's what I'd like to see happening a little bit more over here in America."

And then there's veteran midfielder Rodrigo Lopez, who was on Republic FC's 2014 championship team, winning MVP honors in

the final. He's from Guadalajara, Mexico, another country with quite the pickup soccer scene.

USL soccer is a different level of soccer. Coach Briggs said of

Republic FC, "You have professional players, a professional team of the highest caliber there has ever been in Sacramento. I think the reason to come out and support your

local club [is] first and foremost, but also you have top top players that are in this league, and I think a lot of people still have the perception that it's semi-professional, and it's not semi-professional; it's fully-professional. If you have a kid that likes soccer, there's no better learning tool than watching a professional live."

What does Briggs do when he isn't coaching elite soccer?

"I'm usually with the family: my wife, my kids, my dog. Usually walking around parks or playing with the kids," the coach said. "Every now and then, I pick up a pickleball racket or tennis racket. Sometimes a golf club and the majority of the time's with the kids and with my wife."

Briggs is comfortable in Sacramento. He said of the city, "It's not flashy — you know the glitz and glamour of your L.A.'s and San Diego's. It's humble people that work hard and enjoy life and I certainly feel at home here."

Let's see if he and the team can bring Sacramento another championship in 2024.

The Indomitable Club will open their season on March 9 against Orange County SC at Heart Health Park, 1600 Exposition Blvd., Sacramento. Kickoff is set for 7 p.m. ★

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