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MARCH 8, 2024

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Girl Scouts Reach Outer Space!



Above: Girl Scouts from Troops 793, 917, 1089, and 1105 smile before their big moment. Right: Jasmin Moghbeli. Photo courtesy of NASA

**Story and photos
by Annie Kerr**

SACRAMENTO REGION, CA (MPG) - Wouldn't it be fascinating to speak to an astronaut who's currently in outer space? On the cloudless morning of Feb. 22, Girl Scout Troops 793, 917, 1089, and 1105 from Sacramento, Lodi, and Roseville had the extraordinary opportunity to make contact with the International Space Station (ISS). Via Amateur Radio on the International Space Station (ARISS), the 13 Girl Scouts were able to reach NASA Astronaut Jasmin Moghbeli, who was traveling through space at



Jasmin Moghbeli. Photo courtesy of NASA

approximately 17,000 miles per hour. The event was held at the Sacramento Regional Program Center and STEM Center, home of the Girl Scouts Heart of Central California (GSHCC), and was bustling with camera crews, families, friends, and media. And cookies, of course.

Because the opportunity is so rare, the Girl Scouts were preparing since November for the event. Each Girl Scout prepared individual questions to ask Moghbeli, a very accomplished woman. Moghbeli is not only a NASA astronaut, but a United States Marine Corps test pilot, a Massachusetts Institute of Technology (MIT) graduate, a flight engineer, and the Mission Commander of SpaceX Crew #7. She is qualified to fly at least 25 different aircraft. Adding to her list of accomplishments, Moghbeli is the first professional Iranian American astronaut to fly to

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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. ★

Every Second Counts

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - Every second counts in an emergency, and when it comes to medical emergencies, time is of the essence.

The time it takes for an ambulance to offload a patient to the emergency department (ED) can make all the difference; the longer the wait, the more critical their condition can become.

It's an emotional and stressful situation for patients and their loved ones, who are already worried about the outcome of their medical emergency.

As the population of Sacramento County continues to grow, so do the demands on its emergency medical services. One crucial metric that affects patient outcomes and the overall efficiency of emergency medical services is the Ambulance Patient Offload Time (APOT). The time interval is between the arrival of an ambulance patient at an



Sacramento County Board of Supervisors want to reduce the time that it takes to get an ambulance patient into a doctor's care from 72 minutes down to 20 minutes. Photo Courtesy Sacramento County

ED and the time that the patient is transferred to the ED gurney, bed, chair or other acceptable location and the emergency department assumes the responsibility for care of the patient. In Sacramento County, that time has hit a high of 72 minutes but the county has an ambitious goal to drop that time to 20 minutes. This goal comes as

Assembly Bill 40, which takes effect on July 1, will require every local EMS agency to develop a plan not to exceed 30 minutes for 90% of ambulance arrivals and report the standardized time to the authority.

Sacramento County, with prehospital providers, local hospitals, interested community members and Sacramento County Board

of Supervisors Patrick Kennedy and Pat Hume, shared their innovations and best practices Feb. 13 to address the Ambulance Patient Off-Load Time crisis.

Dr. Gregory Kann stated the importance of sharing ideas and innovations to create better services for all, adding that out of this crisis comes opportunity.

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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 Chibuiké "Chibi" Ukaegbu.

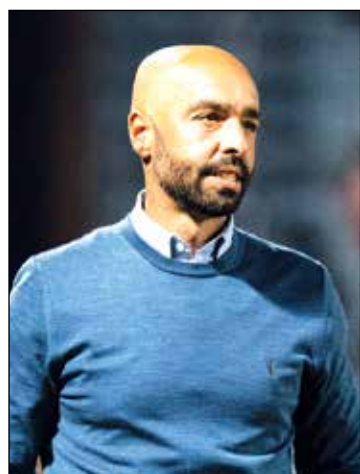
Briggs also started his own career at an early age in England. When asked about pickup soccer there, he said, "It's a huge thing. You drive past every park and there's people going on [the pitch] and, it was for me every single day growing up, soon as I finished school, there would be 20, 30 of us at 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 Chibuiké "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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County Charts Its Green Journey with New Dashboard

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is launching a new, easy-to-use “Sustainability Dashboard,” which charts the County’s course on its way toward achieving greenhouse gas (GHG) reductions and adapting to climate change.

The Sustainability Dashboard lists each of the County’s specific measures to reduce GHGs and adapt to climate change with a color chart that indicates whether the efforts for the measure have begun, and some goals have been achieved; whether efforts for the measure have started; or if efforts for the measure have not started:

“You don’t have to be an expert on environmental or sustainability issues to get a handle on the work we’re doing,” said John Lundgren, Sacramento County’s Sustainability Manager. “This website is designed for anyone who has an interest in understanding the County’s progress on specific efforts for providing a cleaner,

healthier environment for everyone.”

For instance, one of the measures, Establishing Safe Routes to School, is labeled green to indicate it is in progress and goals such as completing the County’s updated Active Transportation Plan have been accomplished.

The measure Incentivize Infill Development is labeled yellow as efforts have begun in support of the initiative.

The measure Establish EV Parking Code is marked red as efforts have not yet begun on the measure.

“Dashboard users can also see clearly what the County is doing to adapt to increasing temperatures, sea levels, flooding, wildfires, and changing water supplies,” said Lundgren.

“We have launched this site to foster transparency with the public and demonstrate accountability towards the progress of our initiatives,” said Lundgren.

Learn more about the dashboard at green.saccounty.gov. ★

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. ★

Every Second Counts



Sacramento County Board of Supervisor Pat Hume talked about the county’s commitment for reducing the Ambulance Patient Off-Load Time during a joint presentation on Feb. 13.

Continued from page 1

Sutter Roseville, a not-for profit hospital that is part of the Sutter Health network, shared a real-time data system implemented to monitor its Ambulance Patient Offload Time. By using its medical health record system, EPIC, Sutter Roseville tracked a patient’s emergency room trip from entrance to transfer, allowing obstacles to be identified and any issues to be corrected. The hospital leadership also educated staff to help identify when a patient needed ER treatment or could be moved to another department or service. These efforts helped the hospital reduce the time from 100 minutes to 31 minutes, according to the Sutter Roseville presentation.

A Sacramento Metropolitan Fire District (SMFD) presentation approached the Ambulance Patient Offload Time issue another way. The fire district implemented the county’s revised protocol (Policy Number 5050 – Destination), which authorizes patients to be taken to their medical health system’s hospital, instead of the closest hospital, allowing for faster treatment since their medical records were already there.

The Sacramento Metropolitan Fire District also determined if a patient

needed to be directly taken to the ER or if they could safely wait in the lobby. The fire district also partnered with other ambulance providers to provide additional ambulances to support the 9-1-1 system.

The fire district implemented a Mobile Integrated Health program, which means a Physician Assistance/Nurse Practitioner teams with a paramedic who responds to calls and determines what a patient might need and if they can be treated at the scene without going to the emergency department.

The Sacramento Metropolitan Fire District’s innovations aim to get patients to the right place the first time, whether that’s the ER, lobby or another service, according to the presentation.

The Feb. 13 event demonstrated that local hospitals, prehospital provider and the Sacramento County Board of Supervisors are strongly committed to improving Ambulance Patient Offload Time and emergency medical services, according to the county. With continued collaboration, innovation and inspiration, Dr. Kann emphasized that these conversations are what will fuel the plan to better lead the Ambulance Patient Offload Time and deliver better outcomes for patients in Sacramento County. ★

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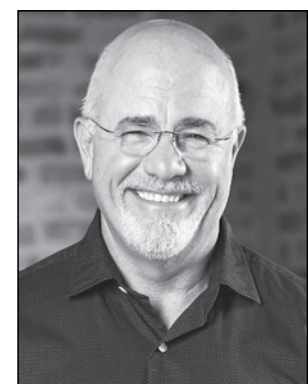
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Dave Ramsey Says

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 ★

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

March is Museum Membership Month with Special Offers and Discounts

Traci Rockefeller Cusack, T-Rock Communications News Release

SACRAMENTO, CA (MPG) - Sacramento area museums are proud to present a variety of special membership opportunities during Museum Membership Month happening in March 2024. The benefits of museum membership often extend well beyond financial savings and often include exclusive experiences only available to members. Plus, there's something for everyone – fine art, science, history, and culture – as the local museum community offers memberships at virtually every museum and/or destination.

To help kick-off Museum Membership Month, the collaboration of museums presented a Free Museum Weekend March 2-3 that had limited capacity, required advance registration, and was another resounding success.

To highlight Museum Membership Month that continues through March, many of the local museums are offering special incentives and discounts for enthusiasts who choose to become members of their favorite museums and destinations. A few limited time offers during the month of March include the following:

California Museum – The community is invited to unlock extended benefits at the California Museum – home of the California Hall of Fame – during March Membership Madness. New and renewing members receive three extra months free for a total of 15 months of free Museum admission. Most membership benefits also include discounted or free admission to ticketed public programs, Museum Store discounts, and reciprocal admission at up to 1,700 North American institutions through the Time Travelers Network and/or the North American Reciprocal Museum Association. With four membership levels starting at just \$50, there's a perfect fit for kids, individuals, pairs, and families to explore California's rich history, diversity, and unique influence on the world of ideas, innovation, art and culture. To join the madness, visit www.californiamuseum.org/march-membership-madness.

Crocker Art Museum – Memberships to the Crocker Art Museum help to strengthen programs and exhibitions that make the Sacramento region a more vibrant place to live, work, play and stay. New members during the month of March will receive free general admission for

12 months, ArtLetter magazine (except Educator level), invitations to exclusive members-only events and exhibition previews, discounts on lectures, concerts, and classes, discounts starting at 10 percent in the Museum Store, a 10 percent discount on the purchase of gift memberships, and member eNews with exclusive offers and announcements. For more, visit www.CrockerArt.org/membership.

Sacramento History Museum – New members who join during the month of March will receive tickets for a historic walking tour. A purchase of a Basic Membership will include two tickets for the popular Gold Fever! Game tour and those who purchase a Premium Membership will receive two tickets for an Old Sacramento Underground tour. Plus, membership includes free admission to the Sacramento History Museum, discounts in the Museum Store, tours, and special events. And, because the Museum participates with the Time Travelers reciprocal program, basic memberships receive benefits at more than 300 museums across the country. Those who become Premium members also enjoy NARM (North American Reciprocal Museum) benefits at more than 1,300 museums nationwide, including free admission. For more information, visit www.sachistorymuseum.org/get-involved/become-a-member.

In addition to these special incentives offered during March, membership has special privileges (which vary by museum) and can include benefits such as the following: free museum entrance all year long, special invitations to member-only events and receptions, preview and/or "behind-the-scenes" opportunities for new exhibits and offerings, free guest admission passes (to share with friends and family), discounts at museum stores and/or advance purchase opportunities on special programs and events, reciprocal admission at museums across the nation, and more.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at www.sacmuseums.org. ★

COBRA, Covered California, Medicare; Comparing Your Health Insurance Options

By Tim Coughlin



Transitioning from employer-based health insurance to COBRA, Covered California or Medicare can trigger many questions;

How does my COBRA compare to private health insurance through Covered California? Am I eligible for "Premium Assistance" or "Cost-sharing reductions?" How do the deductibles and copays compare? Which plans let me to keep my doctors?

All good questions...and Medicare can be even more challenging to navigate;

When and how do I sign up for Medicare? How much does it cost? Are Medicare Supplements better, or Medicare Advantage plans?

Rules, Deadlines, and Penalties

Our health insurance and Medicare systems have complex rules regarding eligibility, enrollment deadlines, and costs. Failure to navigate the system effectively can result in penalties, extra costs or worse, an inability to maintain optimal coverage.

Knowing the right questions to ask and comparing your options can be difficult and time consuming.

Help Is Available at No Cost to You

Enlisting the help of an experienced health insurance agent can save you time, money, and stress.

Many people are surprised to learn that **there is no cost** to you

to use an independent insurance agent. Agents are paid by the insurance companies. You pay the same premium regardless of whether you work with an agent or go directly to an insurance company.

Finding a Local Health Insurance Specialist

When looking for a good agent (aka "broker") to assist you, look for someone who is an independent agent, who has significant local market experience, who specializes in health and/or Medicare insurance and who has a good number of positive client reviews. A good agent will take the time to understand your situation and objectives, including current doctors and prescriptions before proposing any plans for consideration. Membership in the National Association of Benefits and Insurance Professionals (NABIP) is a good indication of the agent's health insurance specialization and professional commitment.

Tim Coughlin is an award-winning independent insurance agent specializing in health and Medicare insurance for over 35 years in Gold River. He is the recipient of the prestigious Soaring Eagle award from NABIP and maintains 100% 5-Star reviews. He can be reached at (916) 346-4417 or by email: tim@summitindins.com.

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Huntington Learning Center Offers K-12 Tutoring Support



David Layfer and Debi Nason own the Huntington Learning Center.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Huntington Learning Center, a franchised private-subject tutoring and academic skills center at 5739 Sunrise Blvd., has for more than 30 years served kindergarten through 12th-grade (K-12) students in the greater Citrus Heights area.

“We have a great team of teachers who are truly passionate about the students they serve,” said center director Debi Nason. She oversees a team of 20 teachers, full and part-time, whom she calls “family.”

Nason, a former school administrator in San Jose, purchased the Citrus Heights franchise with David Layfer who serves as its director of education. The pair both started with Huntington as instructors, and then bought the franchise from the previous owner in 2015, before moving it to its current location in 2021.

Huntington Learning Center is a leading national provider of tutoring and test prep programs, offering students convenient and flexible schedules and one-on-one tutoring support in the specific areas where they need help the most.

Grasping complex math concepts, improving reading comprehension or prepping for an ACT or digital SAT can be challenging for students at just about any grade level. Through its individualized K-12 tutoring and test prep programs, Huntington Learning Center reports a 90-percent overall success rate, Layfer said.

“We pay great attention to building curriculum especially for each student and we constantly assess the level of student progress carefully along the way,” Layfer said. “We’re also constantly providing feedback to the student on their progress

will need help improving their fundamental reading skills, while others need to work on getting the main idea, how to read for context or how to follow directions more accurately.

“Each teacher is given advance time before a student arrives to fully prepare for their lesson,” Layfer said.

“The teacher logs on to a laptop, reviews the



Huntington Learning Center is at 5739 Sunrise Blvd., Citrus Heights.

and their parents as well.”

A bulletin board at the center is filled with advancement certificates marking recent student-achievement milestones.

“We (David and I) deeply understand the anxiety, frustration and challenges parents in our community face when their child falls behind in school,” Nason said. “We’re here to help their children build their skill sets, confidence and motivation so that they can excel both in school and in life.”

Layfer is responsible for training new teaching staff in Huntington curriculum and ensuring that they accurately record student progress in each session.

“Some of our teaching staff have been with us for well over 12 years,” Nason said.

About 65 students are currently enrolled at the Citrus Heights center and that total climbs up to about 80 during summer break.

Specific program costs can be paid for through a financing plan or available federal student-loan funds, according to Nason.

Each student has a two-hour, one-to-one session with a teacher.

Shelves of green binders are arranged throughout the center grouped by subject or specific study skill the student needs to master in their individualized learning plan. Some students

notes from the previous teacher, acknowledges work to be done by the student that evening, and then scores assignments as they are completed. We encourage all our teaching staff to actively leave feedback concerning student progress completed in each session.”

“Many of our students also often bring in their daily classroom homework for the extra help, which we can give them,” Layfer said.

Help with mathematics is an important core component of Huntington’s curriculum, from elementary school fundamentals through calculus, helping students build confidence as they work on practice problems together.

“Our teachers not only teach students important learning skill sets but they also provide the support and nurturing attention students need to help spark the love of learning, a valuable skill set students can carry with them for a lifetime,” Nason said.

Huntington Learning Center of Citrus Heights is open from 9 a.m. to 8 p.m. Mondays through Thursdays, 9 a.m. to 6 p.m. Fridays and 9:30 a.m. to 1:30 p.m. Saturdays and Sundays. Call 916-728-2981 or visit <https://huntington-helps.com/locations/citrus-heights-ca> for more information about specific tutoring and test prep programs. ★

Hoover and Patterson Introduce Measure to Address Homelessness



Josh Hoover

Office of Assemblyman Josh Hoover News Release

SACRAMENTO, CA (MPG) - Today 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. ★

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.” ★

Republicans Call on Attorney General Bonta to Investigate PaneraGate

California Legislative Republicans News Release

SACRAMENTO, CA (MPG) - On Mar. 4, 14 additional legislative Republicans joined the call for Attorney General Bonta to investigate the appearance of misconduct in the crafting of carveouts to Assembly Bill 1228 to benefit one of Governor Newsom’s major campaign donors. AB 1228 increased the minimum wage for fast-food workers to \$20 dollars an hour, with a specific exemption that reportedly benefits a Panera Bread franchisee who is a longtime acquaintance and donor of more than \$220,000 to Newsom’s campaigns.

“If the Governor helped exempt one of his largest political donors from a bill that harms small businesses, the people of California deserve to know,” said Assemblyman Josh Hoover (R-Folsom). “Our leaders cannot be allowed to hide behind the veil of legislative ‘sausage making.’ They must be held to a higher standard.”

“This arbitrary carve out smacks of pay-to-play politics and should be looked at seriously to determine if that’s indeed what happened,” said Senator Scott Wilk (R-Santa Clarita). “Clearly, it was a bad bill to begin with. This is just another example of why people are so fed up with their government in California.”

Last week, Assembly Republican

Leader Gallagher (Yuba City), Senate Minority Leader Brian Jones (San Diego), and Assemblyman Joe Patterson (R-Rocklin) sent a letter to Attorney General Bonta requesting an investigation into this possible pay-to-play deal. Attorney General Bonta, who says he received the first letter sent last week, has yet to respond to Republican lawmakers.

“The governor has a history of abusing his executive power with backdoor deals like he did with Kaiser. Californians deserve to know the truth,” said Senator Brian Dahle (R-Bieber). “He holds the highest office in this state and should be leading by example, not recusing himself and dismissing it as just ‘sausage-making.’”

“I opposed AB 1228 when it came before me because it was poor policy,” said Assemblywoman Diane Dixon (R-Newport Beach). “Unfortunately, overregulation of small and large businesses, like this law enacts, will lead to more small and large food serving businesses leaving California for states that support business success and job growth.”

The additional signatories to the letter are: Assemblymembers Megan Dahle, Laurie Davies, Diane Dixon, Bill Essayli, Vince Fong, Josh Hoover, Tom Lackey, Devon Mathis, Jim Patterson, Kate Sanchez, and Senators Brian Dahle, Roger Niello, Kelly Seyarto and Scott Wilk. ★

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Local Girl Scouts Reach Outer Space!

Continued from page 1

space. While on her space mission, Moghbeli spoke to the Girl Scouts for about 10 minutes until connection was lost.

Before the connection was established, the event began with comments from various speakers. Sue Richards and Amanda Bates, troop leaders for Troop 1089 and GSHCC volunteers, spoke briefly about how honored they were to have this opportunity and how it happened. According to Bates, there are only about 60 to 100 International Space Station contacts globally made per year, which is about two per week. In fact, the last two contacts occurred in Rome and Spain.

Next, Jennifer Garland spoke. Garland was the event's primary volunteer and is a River City Amateur Radio Communications Society member. She helped prepare the Girl Scouts for the big day by helping them practice their media and public-speaking skills. Garland told the crowd what to expect for the rest of the event and answered audience questions until playing a short video before the big moment arrived.

In the video, a pre-recorded Jasmin Moghbeli told a little bit about her story. "I still wake up every morning and it feels like a pinch-me moment to think that I am actually an astronaut right now," she said. Also on the TV screen was a map tracking the progress of the space station, coming closer and closer.

The time finally came to contact the astronaut: 10:24 a.m. precisely (as planned). A hush fell over the room as Garland began the countdown. Loud static could be heard, and then Moghbeli's voice broke through, all the way from outer space, and the questions began. Each Girl Scout had the privilege of asking two questions before time ran out.

To highlight some of the questions, Girl Scout Avery T. asked



Girl Scout Ambassador Leia B. asks Jasmin Moghbeli a question.



ATV was positioned in the room to track the progress of the space station.



Jennifer Garland of RCARC explains the process.

her what she is most excited for upon her return to Earth, to which Moghbeli responded, "My children, my husband, a shower with running water, and normal food."

On the other hand, Elsa W., another Girl Scout, asked what

Moghbeli will miss about space. Moghbeli replied that she would miss her six crewmates who she has grown close to, floating and flying around in space, and looking back at Earth from her vantage point.

Then, Girl Scout Edie B. asked for what advice Moghbeli would give to a girl wanting to be an astronaut, and she replied that space exploration is very challenging to get into and that failing is inevitable but failing is also

OK. And realizing that failure is OK is the best way to keep moving forward with your dreams.

Next, Leia B., another Girl Scout, asked if Moghbeli believes in life beyond Earth and the astronaut said she does. "There's just too much out there," she said.

Moghbeli continued to answer questions about what she does in her free time up in space, what she eats there, what the average workday looks like and if she would live on Mars.

Alyssa S. asked if she listens to music or podcasts in space. Moghbeli highlighted a few of her favorite artists she listens to: Hozier, Whitney Houston, and Stevie Wonder.

Much was learned in such a short time span. Each question was well-executed, and the process went smoothly. The room erupted into cheers once the Girl Scouts wished Moghbeli a safe return to Earth and signed off.

After the call, each Girl Scout was handed a special badge to commemorate what they accomplished. Then, each Girl Scout, all in high school, took to the microphone to briefly discuss how this event might inspire them to study science and/or space exploration.

"Through events like this and other STEM programs, Girl Scouts is committed to helping our future female leaders become better problem-solvers, critical thinkers and gain the confidence to turn their ideas into breakthrough inventions to help others," said Dr. Linda E. Farley, Chief Executive Officer, Girl Scouts Heart of Central California.

At the end of the day, it all comes down to helping young people see what they are capable of. Jasmin Moghbeli proved to the Girl Scouts that they can do anything they put their minds to...they can even go to outer space. ★

Trailways Forges Strategic Alliance with Greyhound and Flixbus



Trailways buses will soon be available in your area. Photo courtesy of Trailways

Trailways News Release

SACRAMENTO REGION, CA (MPG) - Trailways, the largest and oldest network of independent motor coach operators in North America, has announced a new strategic partnership with Greyhound and Flixbus.

The new alliance will add hundreds of Greyhound and Flixbus destinations to Trailways.com, including stops in Sacramento, and Trailways.ca, giving customers even more access to convenient, comfortable, and affordable bus travel at a time when other travel options have become cost prohibitive and difficult to navigate. Starting Tuesday January 23rd, customers visiting Trailways.com and Trailways.ca will be able to purchase tickets for Flixbus and Greyhound trips, with travel dates commencing January 30th and beyond.

"This is a historic moment for Trailways. Connectivity is the backbone of North America and a critical piece of this partnership. By working in concert with one another and interlining our inventory, we're aligning with Trailways' commitment to make affordable and eco-friendly transportation more accessible to travelers across North America," said Alex Berardi,

President of Trailways.com.

Members of Trailways's Loyalty Program, Driven Rewards, will also reap the benefits of the new relationship. Driven Rewards Points members will be able to earn and redeem across all Trailways partners, including Flixbus and Greyhound, when making purchases online, giving members a compelling reason to explore new roads together.

"The Trailways alliance reaffirms Flix North America, Inc.'s commitment to partnering across the industry and delivering even more affordable travel options for customers," said Kai Boysan, CEO of Flix North America, Inc. "We will continue to work with our partners throughout the country to elevate travel and nurture further growth. Trailways shares this vision, recognizing the power of collaboration and the benefit that the Flix platform unlocks in building a brighter future for travelers and the industry."

New connecting services will be powered by technical integrations from Transcor Data Services of Jacksonville Florida. Customers looking for information about service, schedules, arrival and departure times, and fares, are encouraged to visit Trailways.com or Trailways.ca. ★

ROOT CELLAR Sacramento Genealogical Society SPRING SEMINAR



ROOT CELLAR welcomes our guest speaker, Michael L. Strauss, AG. Michael has been employed as a forensic investigator for 30 years and works as a research manager and senior genealogist for *Ancestry ProGenealogists*. Michael is a native of Pennsylvania and a veteran of the United States Coast Guard. He is a court qualified expert witness in New York, New Jersey, Pennsylvania, and Virginia. He is a national genealogical lecturer and instructor and is a faculty member at Salt Lake Institute of Genealogy, Genealogical Research Institute of Pittsburgh, and the Institute of Genealogical and Historical Research where he coordinates the military history and research courses. Michael was the film historian for the 2015 Academy Award nominated movie *Finding Vivian Maier*. He has been a Civil War reenactor for more than 25 years.

At our full-day seminar, Michael will present four awesome lectures: (1) Descendancy Research: Another Pathway to Genealogy; (2) Secret Societies: Finding Your Ancestors in Fraternal Organizations; (3) Federal Taxes and Genealogical Records they Created; and (4) That Splendid Little War: Research in the Spanish-American War. Join us in-person; all are welcome.

Date: April 27, 2024 • Time: 10 am - 5 pm, doors open at 9:15 am
Maidu Community Center, 1550 Maidu Dr., Roseville, CA

Cost: \$40 Root Cellar Members; \$55 Non-members
(Pre-registration required - Registration ends April 15 - No tickets sold at the door)

To register, go to www.rootcellar.org



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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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With Mary Jane Popp

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!** ★

Kings Korner

By V.G. Harris



A little over a week ago I found myself in a local sports card shop picking up a De'Aaron Fox rookie card for my grandson's ninth birthday.

To my complete surprise I was forced to listen to a clerk that had no regard for our playoff-bound Sacramento Kings. Not less than five times he exclaimed that the Kings were "a bad team."

Now, for someone that is as deeply-rooted and invested in this team as I am, it took great composure to have a civil conversation with this obviously uneducated sales clerk.

If you want to tell me that the Kings can't shoot free throws, or coach Brown must be picking his starting lineup out of a hat, or even remark that the Kings have not the slightest knowledge of how to challenge a call, you may have an argument that I can have a conversation about.

But, do not expect me to accept that the Kings are a bad team. They are anything but a bad team, and as I have extolled their virtues in nearly every column, this team as presently composed, is one of the most dangerous teams in the NBA today. No one in their right mind would want to take on the Kings in the first round of the playoffs.

What other team has defeated the defending NBA champs in their first three meetings this season?

The Sacramento Kings have repeatedly shown the ability to go into hostile arenas, with teams that have a better record, and come away with wins.

As pleased as I was to see the Kings go on the road to L.A. and upset a star-studded Clippers team that had repeatedly given us trouble, I was even more impressed with the workmanlike way the Kings handled business in Minnesota.

Fans and pundits alike were putting up an L as we flew into Minneapolis, and without team scoring leader De'Aaron Fox the Kings played the Timberwolves to a stalemate in regulation. Then, with stalwart Domantas Sabonis on the bench

with 6 fouls, the shorthanded Kings gave the Wolves only their 7th loss of the season on their home court.

The mark of a bad team or a good team? Our fans know that answer, and I believe this team has another level that we have yet to see.

I don't like criticizing Coach Brown, but he has not enjoyed his best season coaching. Coming off an award-winning season, Coach Brown has established himself as the worst in league as it relates to coaches' challenges. This can't continue, and especially in light of the firestorm that is the Kings free-throw shooting.

So, after everything I've said about higher levels, and what a solid team we overall are enjoying, the free-throw shooting percentage cannot be accepted.

Whether the coaching staff needs an epiphany, or an expert from the outside needs to come in and render help, let's all agree that something needs to be done sooner rather than later.

Many years ago, playing in the San Jose city league, I met the man who was in the Guinness Book of World Records for making the most consecutive free throws ever. From 15 feet out from anywhere on the court this guy just wouldn't miss. Where is he now, or if not him, the carbon copy that can come in and actually teach fundamentals to professional basketball players?

Over the weekend, I watched several college teams shoot free throws like they were making layups, so how are they doing it while we seemingly cannot?

Let's love this team, and the fervor with which they play. The defense is getting better and may be peaking at just the right time. But let's not just shout our praises when we have a glaring blemish for all the league to see.

Go Kings, and please send your thoughts and comments to vgarris-kingsfan@gmail.com. ★

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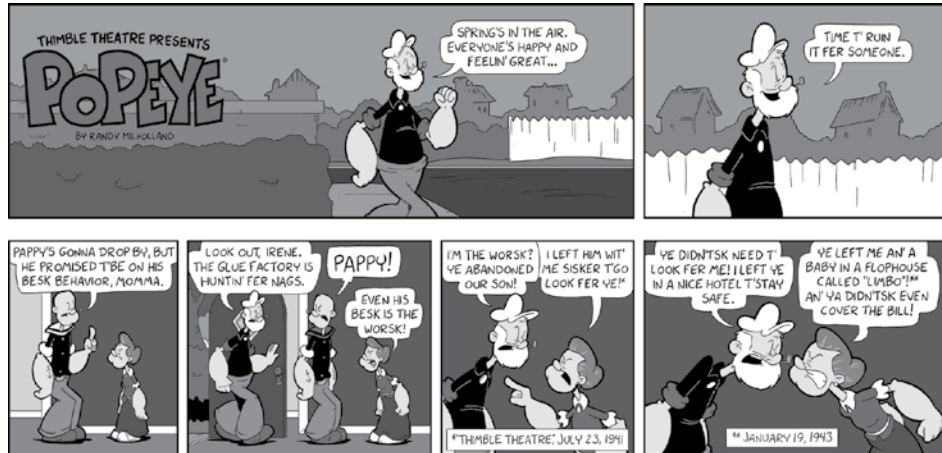
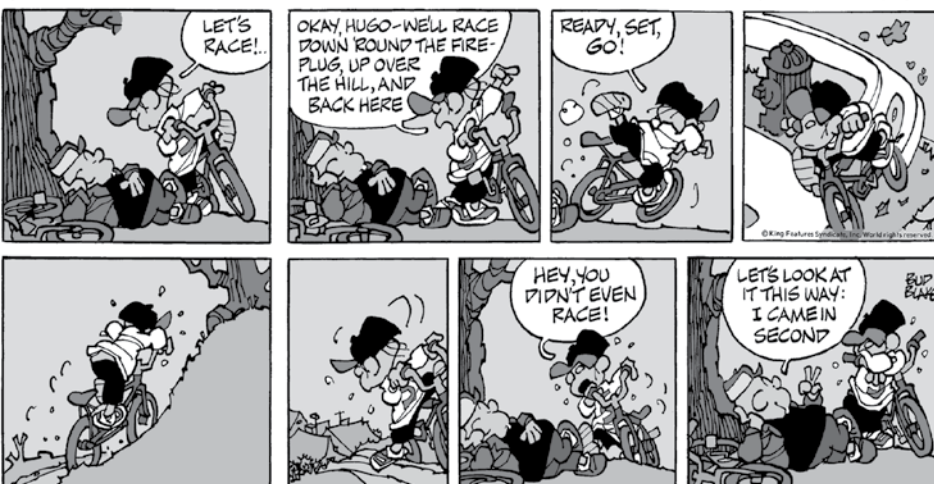
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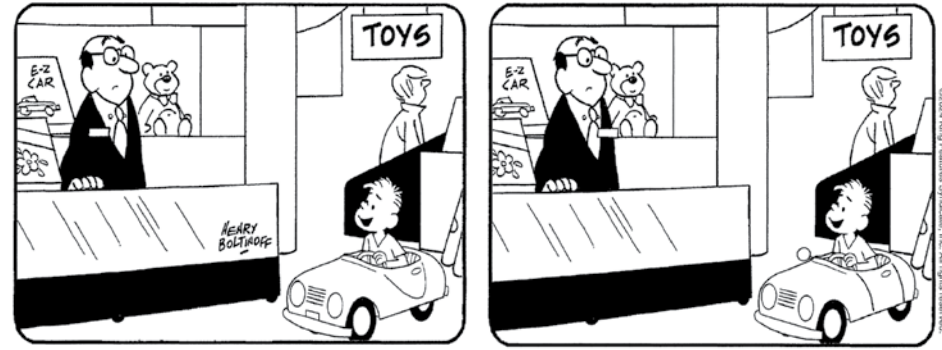
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 - Give off
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 - Bricklayers' carrier
 - Wood sorrels
 - Jeweler's unit
 - Alight, past tense
 - Swings around
 - Spice Girl
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 - Away from wind
 - D'Artagnan's sword
 - "Elite Eight, or the round of tournament
 - Bono's bandmate, with The
 - Chocolate substitute
 - Hot temper
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 - Cuckoo
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 - Baby at a recital
 - Have supper
 - Young newt
 - Many affirmatives
- DOWN**
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 - Culture-growing turf
 - Long forearm bone
 - Satyr
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 - *Delta Center location: Lake City
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 - Type of polyhedron
 - Raisin's breakfast companion
 - Denim innovator
 - Port in Yemen
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 - Not paths
 - Not hers
 - Shoulder rank display
 - Winnowing leftovers
 - Chicken in Mexico
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Artist Inspired by Local Roots



Leslie McCarron's paintings are currently on display at Archival Gallery through March 30. A reception will be held for the artist on March 9, 5-8 p.m. Photo by Judy Andrews

By Judy Andrews

CARMICHAEL, CA (MPG) - Leslie McCarron's earliest memories of growing up in Carmichael are of running through inviting fields covered with trees and playing in neighborhood creeks filled with frogs, minnows and tadpoles.

The artist fondly recalls how her family's rural backyard garden brimmed with colorful fruit, vegetables and springtime flowers.

"Our home was always filled with fragrant fresh cut blooms and interesting looking branches my mother arranged in an assortment of vases," she said.

McCarron is a California native and has lived in Carmichael since she was 5 years old. A Del Campo High School graduate, her "lifelong dream of creating art" became a reality

almost 20 years while attending fine art classes at American River College.

"I was encouraged to keep on doing art and studied under several established artists and mentors," McCarron said.

Today, McCarron resides in Carmichael near the American River where she continues to draw inspiration from the natural beauty she finds near home.

"I'm inspired by spending time outdoors, whether it's by walking my two Springer Spaniels (Sierra and Spencer), working in my garden, or gazing out the windows of my house into the surrounding tree canopy and seasonal color," McCarron said.

Although the artist played with different art mediums early on, McCarron prefers painting in oil due to its "rich creamy texture and



'Colorful Mystery' (24"x30") is just one of 16 of McCarron's paintings exhibited at Archival Gallery through March 30. Photo courtesy of Leslie McCarron

versatility." Strongly influenced by her love for color and nature, McCarron's paintings almost always

include a pop of vibrant bold color using strong brush strokes and thick paint to enhance the compositions.

"As a colorist and modern painter, I like to include elements of realism and abstraction with emphasis on light, shadow and movement," shared McCarron, who is just as comfortable handling a pallet knife as she is with a brush and often uses both tools to create a single painting.

"I never run out of ideas," McCarron said. "For florals, I set up vases on a shelf, study the arrangements and move things around while playing with light until it's time to dive in."

For landscapes, the artist studies photos that she collects: "From these, I create my own landscape composition and use colors that I love."

McCarron's paintings have appeared in several solo shows and numerous group exhibits in galleries throughout the Sacramento area. She has won top awards in local juried shows and paintings have graced two covers of Inside Sacramento magazine.

The local arts supporting organization supports her by contributing her paintings for charity, including the PBS KVIE Art Auction, Crocker Art Museum, Effie

Yeaw Nature Center and Jesuit High School.

McCarron's paintings are located in many private collections throughout the U.S. For more information about the artist, visit her website at www.lesliemcarron.com.

Meet the artist at Archival Gallery

McCarron's most recent work will premiere at a two-person art exhibit at Archival Gallery in Sacramento from March 1 to 30. The show's title, "Contemporary Nostalgia," best describes her modern take on 16 new paintings that McCarron produced exclusively for the exhibit, and the iconic photos by local street photographer Carol Mott-Binkley. Both artists are represented by Archival Gallery.

The public is welcome to attend a reception for McCarron and Mott-Binkley at Archival Gallery from 5 to 8 p.m. March 9 "Second Saturday." You can also meet McCarron at the gallery from noon to 3 p.m. March 30, or call the gallery for an appointment at 916-923-6204.

Archival is located at 3223 Folsom Blvd., Sacramento, and is open from 11 a.m. to 4 p.m. Tuesdays through Saturdays. For more information about the show and reception, visit www.archivalgallery.com. ★



'Overflowing Red' (24"x24") is just one of 16 of McCarron's paintings exhibited at Archival Gallery through March 30. Photo courtesy of Leslie McCarron