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# Arden Arcade News

VOL 01 • ISSUE 02      *Bringing You Community News For Over 30 Years*      FEBRUARY 9, 2024

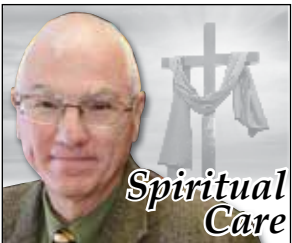
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## Airshow With New International Flair



**Frecce Tricolori takes a colorful flight.** Photo courtesy of Frecce Tricolori, Pattuglia Acrobatica Nazionale, Aeronautica Militare, Rivolto Air Base, Italy

**By Tamara M. Warta**

**SACRAMENTO, CA (MPG)** - The California Capital Airshow, which typically roars through Sacramento Mather Airport each September, is returning

again for 2024 - but with a new date and a distinct European flair. This year, the 18th annual California Capital Airshow will feature Frecce Tricolori, the Italian Air Force's military jet

demonstration team. It will also be primarily an evening event, happening July 13 and 14. The changes may be surprising to airshow regulars, but excitement truly is in the air for the switch

to summer and the international celebration it's bound to bring. "Every year we want to do something fresh, we want to do something new. We want to bring *Continued on Page 2*

## Captain Joseph House Foundation Holds Informational Fundraiser



**Joseph Schultz and his proud mother, Betsy Schultz, was taken in 2010 when the El Camino High graduate earned his Green Beret in North Carolina.** Photo courtesy of Special Forces Army CPT

**Captain Joseph House Foundation News Release**

**(SACRAMENTO, CA) (MPG)** - Captain Joseph House Foundation, which opened in 2022, will share information about the development, growth and status of the Gold Star

Family program on Feb. 17. This is the first such presentation in a community with a donor-rich base of support, according to Captain Joseph House Foundation founder Betsy Schultz. The foundation is in memory of Special Forces Army CPT. Joseph

Schultz, her son and an El Camino High School graduate. Joseph Schultz was killed in Afghanistan on Memorial Day weekend, May 29, 2011. The nonprofit foundation's mission is to honor Fallen Heroes through remembering and caring for their Gold Star

Families left behind, according to Schultz, a Gold Star mother. Within days of her son's death, Schultz recognized that something was missing in the continuum of care for Families of our Fallen Heroes: the opportunity *Continued on Page 3*



To those who know me, as well as those who don't, I am very proud to be your councilmember. As such, there are a lot of issues that we will work on together, and I look forward to working with you to make things better in the city that we love with all our heart. In the thirty-seven years I have lived in Sacramento, I have not seen homelessness at the level that I see it now. You have expressed to me that addressing homelessness in our city, community, and neighborhoods is the first, second, and third priority. The Mayor and the Council agree with you wholeheartedly. At the recent council priority-setting workshop, it also designated homelessness as the foremost concern for the city, followed by public safety as the second priority, and infrastructure/basic city services as the third.

Many of you are aware of the framework within which we must operate when addressing homelessness, including the 9th Circuit Court of Appeals decision in Martin v. Boise and multiple federal court injunctions that have, at times, halted or limited enforcement. It's important to note that the necessary shelter beds and services are provided by the county, as outlined in the City/County Partnership Agreement. I believe we all understand that developing long-term solutions for shelter and services will take time due to the complex nature of the issue.

The impact of the homeless crisis on our community's quality of life has been profound. This crisis has had stark consequences for residents, businesses, and visitors to our city. Despite the challenges posed by the Boise decision and enforcement injunctions, as a city government, we must proceed to ensure compliance with Sacramento City Code and relevant state statutes such as the California Vehicle Code. This compliance effort is aimed at addressing the quality of life and public safety issues resulting from homelessness on our streets.

For me, compliance with our city codes to address crime, public health issues, trash problems, public safety *Continued on Page 4*



# Sacramento Jewish Film Festival Celebrates 25 Years

March 9 - 24, 2024

The Jewish Federation of the Sacramento Region News Release

**SACRAMENTO, CA (MPG)** - Since 1997, the Sacramento Jewish Film Festival (SJFF) has presented the best films reflecting the rich cultural diversity of the Jewish experience. In 2024, the festival celebrates its SILVER JUBILEE, with 30 plus feature films over two weekends of live theatre and two weeks of films streaming online. The event will take place March 9 - 24, 2024.

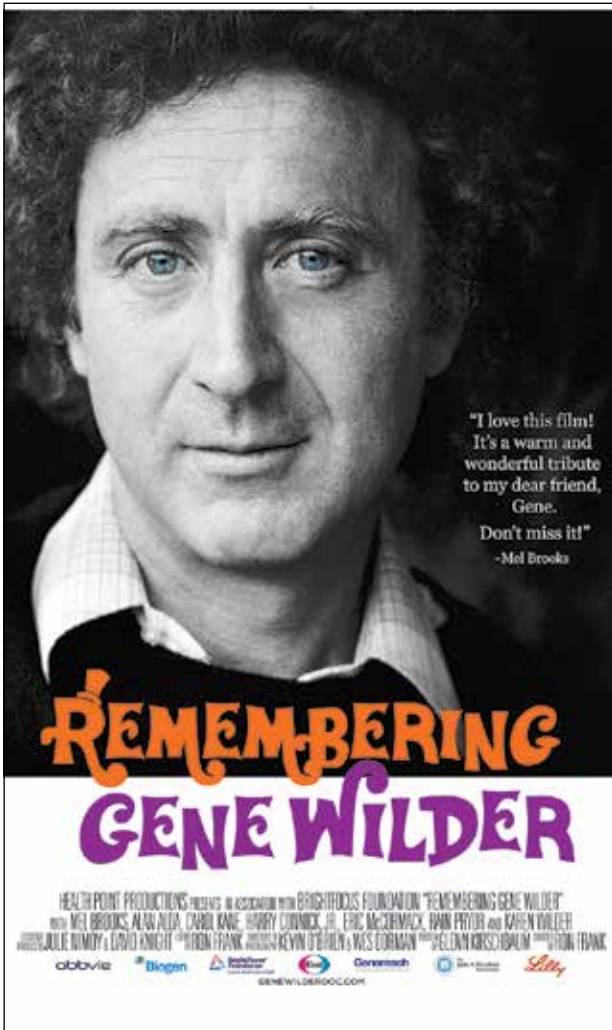
The variety of films include comedies, dramas, and documentaries from all over the world, plus Q&As, mini-concerts, special panels, and in-person receptions.

Opening weekend will be live on the big screen at the Veterans Memorial Theatre in Davis on Saturday night, March 9 and Sunday, March 10.

Closing weekend will be live in-theater at The Center at 2300 Sierra Blvd in Sacramento on Saturday night, March 16 and Sunday, March 17.

All-Festival Passes are \$150 and include all in-person films and streaming films, plus receptions and film chats. Weekend passes and individual film tickets will also be sold. The website will go live, and tickets and passes will be on sale on January 22, 2024.

Visit the festival website at <https://sacjewishfilmfest.org/> for a complete list of



**REMEMBERING GENE WILDER** celebrates the beloved star of classics such as “The Producers,” “Blazing Saddles,” and “Willy Wonka & the Chocolate Factory.” Gene’s life is brought to life through never-before-seen home movies and photographs, as well as the intimate insights of friends and colleagues including Mel Brooks, Alan Alda, Carol Kane, Harry Connick Jr., (Saturday night, March 16, at the Veterans Memorial Theatre in Davis.) Photo courtesy of Sacramento Jewish Film Festival

feature films, shorts, special events, ticket sales and sponsorship opportunities.

Questions? Call the Jewish Federation at (916) 486-0906 or email [jbirch@jewishsac.org](mailto:jbirch@jewishsac.org).

Facebook at: <https://www.facebook.com/SacJewishFilm>

Instagram at: <https://www.instagram.com/>

[sacramentojewishfilmfestival.org/](https://sacramentojewishfilmfestival.org/)

SJFF is a program of the Jewish Federation of the Sacramento Region.

The mission of SJFF is to showcase thought-provoking, entertaining films that inform, inspire, and celebrate the Jewish story for audiences everywhere.



# California Capital Airshow Takes Off This Summer with New Format and International Flair

*Continued from page 1*  
our community something different,” says Darcy Brewer, Executive Director of the California Capital Airshow. “We survey the insiders every single year. We heard a couple of different things from people. They wanted to see something they’ve never seen before, and they wanted us to bring back the night show we did in 2018.”

The “insiders” Brewer refers to are the approximately 60,000 Air Show Insider® members of the California Capital Airshow community. Becoming an Insider is free and provides early access to tickets, helpful discounts, and a chance to view airshow schedules and events prior to the general public.

Famous for their interactive STEM exhibits, large airplane and fighter jet displays, food and family activities, the airshow is well-known as a distinct stand out from the approximately 450 air shows that happen each year across America.

“We are one of the largest,” said Brewer. “We want to be different.”

With the arrival of Freccie Tricolori, which has not performed in North America in 30 years, this year’s airshow is sure to delight both regular patrons and some new faces.

“We start flying at 6pm and go nonstop until 10pm. And that last half hour is going to literally blow you away,” says Brewer. The event includes what the organization is referring to as a “choreographed

pyrobatic musical,” featuring fireworks, daredevil jet maneuvers, music, and more.

“In the air, on the ground and throughout the year – the airshow crew is all about honoring those who serve, and inspiring the next generation --- but this year we’ll be doing it all in two different languages --- so if you’ve ever been to Italy and love it, or dreamed of going to Italy --- we’re making it more simple this summer and bringing Italy to you,” said Brewer.

This is the only location in the western United States where you will be able to be a part of

Freccie Tricolori’s full airshow performance, get the chance to see their colorful jets up close, and maybe even meet team members on the ground.

“People in America love the US jet teams, the rest of the world loves the Italian jet force,” says Brewer. “Brush up on your Italian and get ready for a once in a lifetime experience.”

The California Capital Airshow has taken to the international skies one time prior - in 2017 they welcomed the French government for a one-day event over Easter weekend. Now, with that experience under their belt, the organization is going big. The Freccie Tricolori team includes 75 members, as well as multiple government dignitaries that are expected to be in attendance.

Outside of the stunning

displays and huge draw from the world’s best pilots, the California Capital Airshow is unique for another reason - its commitment and passion for community past and present. The group is a non-profit that supports other non-profits. Groups are invited to apply to work at the airshow and raise funds for their various causes. \$79,000 went out to non-profit groups through parking lot and concessions volunteerism.

“We’re all about STEM education, scholarships, and youth programs,” noted Brewer. The group has many interactions with young people, equipping them to grow up to become whatever they dream.

“We try to inspire the next generation to get a job where they wake up in the morning feeling the same way the staff at the California Capital Air Show feels,” Brewer says with pride when speaking about the great work environment found within the organization. Her enthusiasm and love of life is contagious, as is her passion to get people excited and involved about the air show and all it signifies.

“We like shining a spotlight on a region that we love. If you like history, aviation, or international flavor - there’s something for you and we will make sure it happens before the gates open.”

You can find out more about the upcoming airshow by becoming an Insider at [californiacapitalairshow.com](http://californiacapitalairshow.com).



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# Captain Joseph House Foundation Holds Informational Fundraiser

*Continued from Page 1*

to bond with others experiencing a similar loss.

Forming the nonprofit Captain Joseph House Foundation, Schultz donated her large “bed and breakfast” to the organization and began converting it into a respite home for Gold Star Families.

Gold Star Families from every military branch and from every state in the U.S. may qualify for the Family-to-Family respite program. A respite week, with up to three families meeting together, provides an opportunity for sharing a common love and loss, Schultz said. It is also a time to celebrate the life of one’s hero and build new relationships that can last beyond the week at Captain Joseph House, located in Port Angeles, Washington.

There are no fees for the families, which includes roundtrip airfare, daily transportation, lodging, all meals and recreational activities. Volunteers, in-kind, discounted services and financial donations to the foundation made it possible to open the doors of the house to welcome Gold Star Families in 2022, Schultz said.

“Your donations have been sincerely appreciated,” Schultz said. “Fundraising will continue to ensure this opportunity will be available for Gold Star Families to participate in future years.”

The Captain Joseph House Foundation’s State of the Foundation is from 7 to 9 p.m. Feb. 17 at El Camino High School Center for the Arts, 4300 El Camino Ave., Sacramento. Doors open at 6 p.m.

Admission is \$25 per ticket and free for anyone 19 years old and younger. Tickets are available at <https://www.brownpapertickets.com/event/6232423> or <https://m.bpt.me/event/6232423> or at the door.

For more information, call 360-460-7848 or go online to [www.CaptainJosephHouseFoundation.org](http://www.CaptainJosephHouseFoundation.org) or [Facebook.com/CPTJosephHouse](https://Facebook.com/CPTJosephHouse). ★

# Sutter’s Fort to Light Exterior Walls in Recognition of Key Dates in 2024



Lights on the exterior of Sutters Fort. Photo courtesy of Midtown Association

## Midtown Association News Release

SACRAMENTO, CA (MPG)

- In partnership with California State Parks and Sutter Health, the Midtown Association is proud to announce plans to light the historic exterior walls of Sutter’s Fort State Historic Park in recognition of key dates in 2024. The iconic walls of Sutter’s Fort State Historic Park will be lit from sunset to sunrise on key dates in colors reflective of and appropriate to each occasion.

2024 Dates for Special Exterior Lighting of the Exterior Walls of Sutter’s Fort:

- February 2-4: Black History Month
- February 9-12: Heart Health Month
- March 29-April 1: National Doctors Day
- April 7-10: World Health Day/World Health Worker Week
- April 22-25: Earth Day
- May 1-3: Asian American and Pacific Islander Heritage Month
- May 5-7: Missing and Murdered Indigenous Persons Awareness Day
- May 10-12: National Nurses Week
- June 7-10: PRIDE Month
- June 19-21: Juneteenth
- August 9-12: International Day of the

- World’s Indigenous People
- September 16: 916 Day
- September 20-23: National Hispanic Heritage Month
- October 4-7: Domestic Violence Awareness Month
- October 14-17: Indigenous Peoples’ Day
- October 18-21: Breast Cancer Awareness Month
- October 28-30: National First Responders Day
- November 1-3: National Native American Heritage Month
- November 8-11: Alzheimer’s Awareness Month

In 2023, new exterior lighting around Sutter’s Fort was installed to improve the visibility and increase security in the area. The project also helps to amplify and “shine a light” on the interpretation of the history of Sutter’s Fort, which is part of a key initiative underway throughout the California State Parks system.

“In 2020, California State Parks committed to making Sutter’s Fort a more inclusive and truthful historic site,” said John Fraser, Capital District Superintendent for California State Parks. “This 2024 lighting awareness campaign is another important way we can show that Sutter’s Fort serves all people.”

The area around Sutter’s Fort State Historic Park is one of the most significant green spaces in the central city, and is in close vicinity to upcoming development projects, hotels, and Sutter Health hospital, totaling approximately 7,000 nearby residents.

“Celebrating our 100-year legacy of providing care, Sutter Health is dedicated to the health and well-being of the communities we serve,” said Ryan Loofbourrow, Government Affairs Director of Sutter Health, Valley Area. “We applaud efforts large and small that raise awareness to important causes or dates that deserve recognition and reflection.”

This new installation at Sutter’s Fort adds to a list of lighting projects throughout the district led by the Midtown Association to light up Midtown parks and other key areas in the grid with a goal to help activate spaces, beautify our city with innovative lighting strategies, and increase safety and visibility.

For more information about the Midtown Property Business Improvement District (MPBID), please visit [www.exploremidtown.org](http://www.exploremidtown.org). ★

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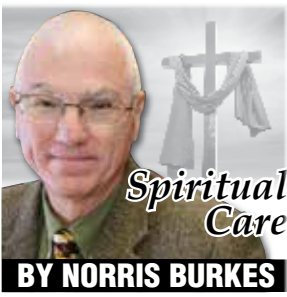
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“How many of you remember the first time you saw a black person?” asked my sociology professor in my freshman class at Baylor University.

Several students answered with stories about the first time they saw a black person walking beside the road or working in their backyard.

I was shocked. But I really shouldn’t have been. It was 1975 and my southern friends had enjoyed school holidays for “confederated heroes,” yet not for Abraham Lincoln.

As a Californian, I was out of my element, but I counted myself lucky to be free of their racist upbringing.

Or was I?

With the beginning of Black History Month we might find how confessing our own history can provide insight into understanding racial issues.

As a boy growing up in the San Francisco Bay Area, my skin was as white as the fog that shrouded my hometown hills. But it was mostly the fog of my family’s southern roots that made me “color blind” to other races and cultures.

It was from the distant listening post of my Richmond, Calif., home where I began hearing the cries of social change, muffled and off-key.

In 1967, I started fifth grade with the announcement that our school, Balboa Elementary, would soon receive our first black students.

Few of my classmates said anything, holding our comments for the

# A Dream For All

playground, where we assembled around Keith, our class troublemaker.

Keith seemed to always be fighting someone on the schoolyard. It was even rumored that he was once suspended for hitting a teacher.

He persuaded us that we needn’t fear these black children – as long as “us white kids stick together.”

“Don’t anyone talk to them,” he commanded. We agreed. We’d follow our appointed leader and stick together.

“If they cause any trouble,” Keith said, slamming his fist into his palm, “we’ll show them who really runs this playground.”

We weren’t just counting on Keith; we were counting on our geography too.

For you see, while many U.S. towns were segregated by only railroad tracks, Richmond was segregated by a freeway. And with the district out of money for bus-sing, we thought our school would be safe from integration.

And it would have been – except for one thing.

“The tunnel,” as the kids called it, was a darkened pedestrian walkway under our freeway that reeked of urine and was paved with broken soda bottles..

Located only a few hundred yards from our playground, the tunnel was forbidden territory. All of our parents warned that none of us were to ever cross through the tunnel that connected the black community to the white one.

So, one September morning in 1967, as troop strength in Viet Nam approached 500,000, a small group of 10-year-old soldiers in the war on prejudice emerged from the tunnel. They carried

the look of a scraggly group of Pop Warner football players returning to a halftime deficit – overwhelmed both by the size of the field and the stakes of the game.

Among those kids were Deborah, Agnes, Geoffrey and Gregory. I still remember their names because that was the first time I truly “saw” a black person.

Usually my columns work toward a dramatic climax, but the most dramatic thing in today’s story is that nothing happened. No drama. Nothing

Keith didn’t beat anyone up. Nobody rioted or protested. We just had life happen right amongst us. Agnes stole my pencils, but Deborah stole my heart. Gregory beat me out on the history quizzes.

Both he and Agnes easily beat me in the 50-yard dash.

No drama until that first Thursday in April 1968. Sometime after the evening fog returned to the Richmond hills, a friend came over to tell me he’d just heard that Martin Luther King had been assassinated in Memphis

Now, almost fifty-five years, it seems to me that in the end, our little school became part of King’s dream as it was “...transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers.”

That’s my history. What’s yours?

*Please email me so I can add you to my weekly column email. My books can be purchased on my website [www.thechaplain.net](http://www.thechaplain.net). Comments are received at 10556 Combie Rd Suite 6643 Auburn, CA 95602 or by email [comment@thechaplain.net](mailto:comment@thechaplain.net) or at (843) 608-9715.* ★



*Continued from Page 1*

concerns, and their impact on businesses is the missing piece of the puzzle. While our enforcement efforts are limited by the Boise decision, there are still actions we can take. In fact, the courts have indicated that “camp management” to ensure compliance with local codes and address issues related to trash and public health is permitted. The challenge lies in striking the necessary balance between achieving code compliance and providing the shelter and services homeless individuals need.

My decision and action have been informed by my experience with my church’s Winter Sanctuary Program. My wife and I were actively involved in this ministry, partnering with other faith communities during the winter to provide shelter to the homeless. The most impactful aspect of this experience was observing the same individuals returning year after year. Despite services offered day after day, month after month, and year after year, the same individuals continued to return.

I cannot condone allowing homeless individuals to remain trapped in a cycle of disordered thinking and related activities. While this approach may not be popular or supported by everyone, I firmly believe that we need to implement disruptive actions to break the cycle of disordered thinking and behavior among the homeless, with the hope that they will become more receptive to receiving services. The current problem is that the overwhelming majority of homeless individuals are resistant to accepting services. As the Mayor often points out, during one encampment cleanup,



33 homeless individuals were offered shelter and services, but only one person accepted. Unfortunately, this low level of service acceptance is the norm rather than the exception.

For me, the issue lies in finding the balance between addressing the impacts on our community’s quality of life and providing shelter and services. While I am not a member of the working group between the city and county, the participation of council and board of supervisors members is limited by the state law known as the Brown Act. Consequently, when the first report on the City County Partnership was delivered at the end of May this year, I requested a council workshop on enforcement. I was pleased that the council agreed to this, and in late June, we had a discussion that provided direction to staff to return with an aggressive program for code compliance and relevant state statutes. Working closely with staff, my office and the council passed a resolution at the beginning of August by a 7-2 vote to enhance enforcement and secure the necessary budget authority to ensure code compliance. Subsequently, the Sacramento Homeless Union sued us, and a federal judge imposed an injunction on the city, preventing us from enforcing our codes.


The 7-2 vote was pivotal because it also included the Homeless Response Protocols, establishing the Rapid Response Model with a focus on code compliance as the goal. This demonstrates our commitment to balancing the need for quality of life and public safety while working towards shelter and services, which is a significant step forward.

Enforcing compliance with critical infrastructure regulations, restrictions on nighttime park activities, sidewalk ordinances, the California Vehicle Code, and rules regarding the storage of private property on public land can all be enforced under the Boise decision. This aims to strike a balance between addressing quality of life issues and providing shelter and services. Through discussions with staff, it has become evident that they require additional tools to better mitigate the impacts on quality of life and public safety.

Councilmember Guerra and I introduced a daytime camping ordinance for city council consideration. We collaborated with staff to devise a plan to mitigate the impacts on quality of life while our partnership with the county focuses on shelter and services. We are drawing insights from cities like San Diego that have already implemented similar measures and seen significant reductions in their homeless populations.


By prohibiting daytime camping, homeless individuals will be required to store their belongings through a city-provided program or private means. They will be limited in what they can pack up and move each day. The hope is that they will avail themselves of services offered during compliance actions or later at a CORE center or other facilities. The proliferation of illegal encampments in our city cannot continue. For far too long, we have not adequately addressed the impact of homelessness on our community’s quality of life and public safety. As your councilmember, my council colleagues and I are actively working to bring about this change while remaining committed to providing shelter and services through our partnership with the county. ★





# VOTE EARLY!

## AVOID LINES



### March 5, 2024 Presidential Primary Election

#### All voters will be mailed a ballot

- You should have received your official ballot in the mail.

#### You can return your ballot starting February 5<sup>th</sup>


- By mail, no postage necessary
- At a Ballot Drop Box
- At a Vote Center (starting February 24<sup>th</sup>)

You can find a full list of Ballot Drop Boxes and Vote Center locations in your County Voter Information Guide, in your mail ballot packet, or at [www.elections.saccounty.gov](http://www.elections.saccounty.gov)

#### Vote Early! Vote by Mail.


### Update your language preference

Every registered voter will receive an official ballot in the mail containing contests, candidates, and voting instructions in your preferred language. If you prefer your ballot and voter information in Spanish, Chinese, or Vietnamese, update your language preference online by scanning this QR code or call (800) 762-8019.




### The Presidential Primary is Party Specific

During the March 5, 2024 Presidential Primary Election voters will nominate one presidential candidate from each party to run against each other in the November 5, 2024 General Election. To vote for the presidential candidate you want in the primary election, ensure you are registered with your preferred party by visiting [www.elections.saccounty.gov](http://www.elections.saccounty.gov) or calling our office at (800) 762-8019.



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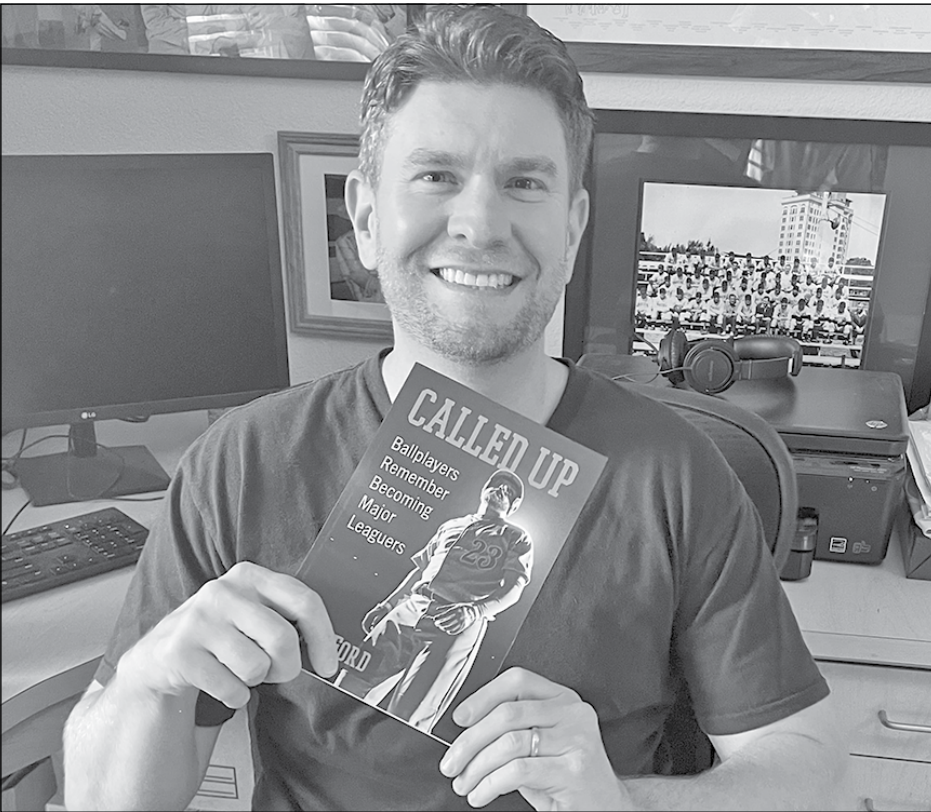








# Local Author Calls Up Baseball Fans with New Book



**Zak Ford, author of Called Up: Ballplayers Remember Becoming Major Leaguers.** Photo courtesy of Zak Ford

By Tamara Warta

## NORTHERN CALIFORNIA (MPG)

The San Francisco Giants baseball team clearly has countless fans across Northern California, and have inspired many young baseball players to dream of going on to the Major Leagues themselves. One of those dreamers was Zak Ford, who grew up in the 1980s and 90s — the heyday of Candlestick Park.

Ford not only enjoyed cheering from the stands at many a Giants game growing up, but he also heralded from some pro-ball genetics. His great-uncle, Larry Powell, pitched in 14 professional seasons in the 1930s through 1950s. He was picked up by the Boston Red Sox out of spring training, but was released two weeks later. Powell was then signed by the Boston Braves, but again was released — this time after only one week. His MLB dreams died without ever stepping into a game.

Ford grew up knowing of Powell’s experience, but never asked him how that journey felt. Instead, Powell — who struggled to hit .200 throughout his own Little League years — decided to write about baseball instead.

Ford’s book, *Called Up: Ballplayers Remember Becoming Major Leaguers*, may not include Larry Powell’s perspective, but it does delight readers with 109 stories of MLB players reflecting upon the moment they were called up to the big leagues. Written in a first-person narrative, it’s a human interest book that will obviously be enjoyed by baseball fans, but written with such skill that it will also draw in readers that have limited knowledge of the process and history of the game.

“It really captures the

feelings and emotions of becoming a MLB player,” says Ford. “To be able to capture 109 stories about the achievement is something I’m very glad of being capable to do.”

Out of the 109 featured in the book, about 10 of them are local to the Sacramento region — those that either came out of the area, and reside in the Sacramento region now. Ford himself grew up in the Rancho Cordova area and now lives in Cameron Park. He works in workforce development policy, which aims to improve outcomes for people with disabilities. He was also a member of the Folsom-Cordova School Board from 2010-2018.

Ford clearly has a passion and enthusiasm for people and bettering the world around him, but the world of baseball — and later writing about it — has always captured him.

“I’ve always been a fan of baseball dating back to when I was a 7- or 8-year-old kid,” says Ford. “I kind of realized that I was going to have to choose a different avenue for me to find my niche in the game and decided to pursue writing. I’ve basically been doing it as a hobby since I was a teenager. One of the goals I’ve always had was to write a baseball book, and now at 45 [years old] I’ve achieved it.”

To write the book, Ford interviewed former MLB players for about two and a half years. When asked what stories really stuck out to him, Ford took a thoughtful pause to answer.

“All of these players had to exhibit extreme dedication and perseverance to meet the goal of becoming a MLB player,” he said. “All of them are

great inspirational stories. I grew up a Giants fan, and I was able to capture the stories of some of the guys who came up with the Giants during the time I was a young baseball fan. Those are the stories that stick out to me.”

Sean Estes, who is now active with Giants broadcasts, is one example of a player that shared his story of being a number one pick.

“It took him four or five years to reach the major leagues,” Ford recalls. “He was up in the major leagues for the majority of the next 12 or 13 years.”

The lesson to be learned? Never give up on your dreams.

“There are many stories that show ups and downs, that show hardship and overcoming adversity. It’s an inspirational book about going through that journey and showing dedication and perseverance,” said Ford.

Since his book’s publication, Ford has done virtual presentations for baseball groups, as well as a local book signing. He’s also working on a second book. Potentially entitled *Next Up*, the new manuscript will focus on MLB players’ lives in the normal workforce outside of baseball — perhaps disproving the belief that all MLB players retire wealthy.

“The vast majority of them need to have jobs after their playing careers,” says Ford.

“There are players that have had pretty big challenges trying to find what’s next, while others have that hustling mentality they picked up in baseball that serve them well after their playing days. That scrappy mentality has paid off.”

It has paid off for this successful local author as well. You can keep up with Zak’s career by visiting his website, zakford.com. ★

# Voter Registration and Elections Update

## My Voter Portal

### Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Voter Registration and Elections is excited to introduce My Voter Portal (MVP) to access your voter registration record, view your ballot status and voting history, access accessible election materials, view your County Voter Information Guide, obtain information regarding the current election, find Vote Center and Official

Ballot Drop Box locations near you, and so much more!

Visit the My Voter Portal link and check it out on the Sacramento County website.

If you have questions or need help, contact VRE at (916) 875-6451, email [voterinfo@saccounty.gov](mailto:voterinfo@saccounty.gov), or use the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone). ★

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# Leafy Greens Thrive in the Winter

Story and photos by  
Mitch Barber

**SACRAMENTO, CA (MPG)** - Under the freeway at 8th and W streets, adjacent to downtown Sacramento, there is a bustling farmers' market on Sundays from 8 a.m. to 12 noon. The freeway provides a concrete canopy to protect visitors from the rain in the wet months, and a shady refuge when temperatures creep toward 100 degrees.

This writer visited the Certified Farmers' Market on February 4th. At a table close to the main entrance, next to the parking lot, sits a husband and wife pair, Dan and Renae Best. They operate and manage the market they said was founded in 1980.

Renae humbly boasted that the Certified Farmers' Market is one of the largest in California, and that growers come from near and far — counties like Sacramento and El Dorado that are close by, and distant areas like the North Coast and Fresno.

When asked what was in season, Renae emphatically said "leafy greens," which became the focal point of this article.

The first stall visited was the Salle Orchards tables where Billie Jean Salle greeted this MPG writer, standing behind a bevy of green leafy vegetables. She owns the farm in Wheatland with her husband of over 50 years, Nick, who happened to be born on the farm. Their children Nicole and Gene do the farming while Billie Jean displays the produce at the market.

Bille Jean explained the various ways to eat leafy greens — vegetables such as curly and dino kale, swiss chard, and cabbage — saying, "The possibilities are

endless." There are cabbage rolls, soups, stews, vegetable lasagnas, and chips (like kale chips). Cats enjoy the produce as well; she mentioned that some customers make natural, nutritious cat food that includes leafy greens.

She said of leafy greens, "You can grow some of them year-round, when it isn't hot. Heat makes lettuce bitter."

Another vendor was Brent Levin who sells organic produce from Spreadwing Farm, a farm he owns with his wife and another couple. The farm is in Rumsey, a very small town in the Capay Valley. He was all smiles.

At the entrance of his stall were an assortment of kales for \$3 a bunch — dinosaur, red Russian, and white Russian kale. He said his favorite way to prepare them was simply cooking them in butter with garlic salt. He said other folks juice them.

He also sells head lettuces and cabbage, which is a disputed leafy green. He talked to customers and weighed produce while taking part in the interview.

And the farm's name? It comes from a type of dragonfly: one of the female owners specializes in entomology. He got specific with the leafy-green growing season on his farm: November through April or early May.

Lettuce was \$3.50 per head, and cabbage was \$2 per pound. The different kales were \$3 a bunch.

Bargains were to be found at the Toledo Farms booth on the north side of the market. Juan Toledo, who owns the business with his father Federico Toledo, was selling heads of lettuce for \$1. They also sell dandelion greens, swiss chard and kale.

What does one do with dandelion greens? Juan said they



Cabbage for sale at the Salle Orchards stall.



Brent Levin stands at his Spreadwing Farm stall, ready to serve.



A variety of chards, and spinach on the right, at the Barbageleta Farms stall.

are good "juiced, roasted, diced up, and in salad." He said people are split into "eat-it-raw" and "cook-it" camps.

Theirs is an organic, family-owned farm in Lodi.

Next door was Barbageleta Farms, based in Linden, which is just to the east of Stockton. Martin and

Francisco Barbageleta were speaking Spanish when this writer approached — a customer was slinging the Spanish language, as well.

Martin explained that his Swiss chard that was a rainbow of colors is best steamed or boiled, and cooked with other things, like meat.



Spreadwing produce, from left, leeks, red Russian kale, dinosaur kale, and white Russian kale.



Juan Toledo, owner of Toledo Farms, stands behind his economically-priced produce.



Martin Barbageleta, left, and Francisco Barbageleta, right, stand in front of their company truck and farmers' market sign.

He said that the current weather was conducive to chard growth and that it is too hot during the summer for it to grow well. He was selling leafy bunches of spinach, as well. Bunches of greens were \$3 and two for \$5.

Unfortunately, about 10 vendors canceled on February

4th, largely due to the high winds. Fortunately, the freeway's columns serve as a wind break, as well.

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